



Cheesy Chile Bread

 Vegetarian

READY IN



25 min.

SERVINGS



16

CALORIES



113 kcal

Ingredients

- 1 lb bread french cut in half lengthwise
- 0.3 cup chilis green chopped old el paso® (from 4.5-oz can)
- 4 oz monterrey jack cheese shredded
- 1 Dash hot sauce hot
- 0.3 cup salad dressing

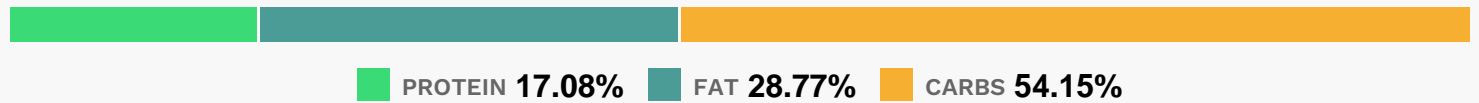
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, mix all ingredients except bread.
- Place bread halves, cut sides down, on grill over medium heat. Cover grill; cook 3 to 5 minutes or until lightly toasted.
- Spread cheese mixture on toasted sides of bread halves.
- Place bread, cheese side up, on grill. Cover grill; cook 10 to 15 minutes, or until cheese bubbles and begins to brown.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:11.36, Inflammation Score:-2, Nutrition Score:4.4078260699044%

Nutrients (% of daily need)

Calories: 112.82kcal (5.64%), Fat: 3.61g (5.56%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 14.65g (5.33%), Sugar: 1.74g (1.94%), Cholesterol: 6.31mg (2.1%), Sodium: 258.44mg (11.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin B1: 0.2mg (13.55%), Selenium: 9.22µg (13.17%), Folate: 37.32µg (9.33%), Vitamin B2: 0.15mg (8.79%), Manganese: 0.15mg (7.52%), Vitamin B3: 1.39mg (6.96%), Calcium: 68.87mg (6.89%), Iron: 1.2mg (6.66%), Phosphorus: 62.03mg (6.2%), Zinc: 0.51mg (3.41%), Magnesium: 11.26mg (2.81%), Fiber: 0.66g (2.64%), Vitamin K: 2.43µg (2.32%), Copper: 0.05mg (2.3%), Vitamin B6: 0.04mg (2.04%), Potassium: 44.46mg (1.27%), Vitamin A: 58.57IU (1.17%), Vitamin B5: 0.11mg (1.11%), Vitamin E: 0.16mg (1.06%)