



Cheesy French Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



133 kcal

Ingredients

- 1.5 teaspoons parsley flakes dried
- 16 ounce bread french cut in half horizontally
- 0.5 cup mayonnaise light
- 6 ounces monterrey jack cheese shredded reduced-fat

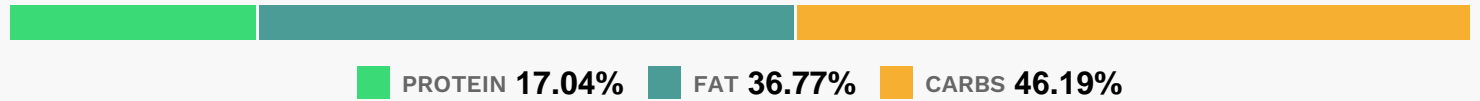
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 35
- Combine first 3 ingredients.
- Spread on cut sides of bread; place on a baking sheet.
- Bake at 350 for 10 to 15 minutes or until cheese is melted.
- Slice into equal portions, and serve warm.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:11.36, Inflammation Score:-2, Nutrition Score:4.8126087322345%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 133.45kcal (6.67%), Fat: 5.46g (8.4%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 14.81g (5.39%), Sugar: 1.61g (1.79%), Cholesterol: 10.58mg (3.53%), Sodium: 292.38mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Selenium: 9.83µg (14.05%), Vitamin B1: 0.2mg (13.56%), Vitamin B2: 0.16mg (9.57%), Calcium: 94.58mg (9.46%), Folate: 37.08µg (9.27%), Phosphorus: 78.06mg (7.81%), Manganese: 0.15mg (7.56%), Vitamin B3: 1.38mg (6.89%), Iron: 1.2mg (6.65%), Vitamin K: 4.35µg (4.14%), Zinc: 0.62mg (4.13%), Magnesium: 12.12mg (3.03%), Fiber: 0.63g (2.5%), Copper: 0.05mg (2.39%), Vitamin B6: 0.04mg (1.95%), Vitamin A: 86.83IU (1.74%), Vitamin E: 0.24mg (1.61%), Vitamin B12: 0.09µg (1.47%), Potassium: 44.2mg (1.26%), Vitamin B5: 0.12mg (1.21%)