



Cheesy Herb Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



160 kcal

Ingredients

- 16 oz bread baguette french cut in half lengthwise
- 6 Tbsp butter softened
- 0.7 oz env. seasons dressing mix italian good
- 1.5 cups mozzarella cheese shredded kraft

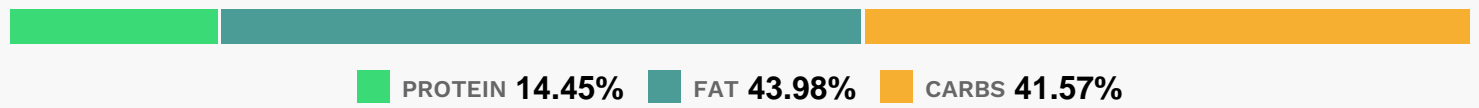
Equipment

- baking sheet
- broiler

Directions

- Heat broiler.
- Mix butter, dressing mix and cheese until blended.
- Spread onto cut surfaces of bread.
- Place on baking sheet.
- Broil 3 to 5 min. or until cheese mixture is bubbly.
- Cut into 24 slices.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:12.17, Inflammation Score:-3, Nutrition Score:4.9478261056154%

Nutrients (% of daily need)

Calories: 160.25kcal (8.01%), Fat: 7.84g (12.06%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 16.01g (5.82%), Sugar: 1.52g (1.68%), Cholesterol: 21.06mg (7.02%), Sodium: 388.01mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.59%), Selenium: 10.61µg (15.16%), Vitamin B1: 0.22mg (14.56%), Vitamin B2: 0.16mg (9.57%), Folate: 38.15µg (9.54%), Manganese: 0.16mg (8.09%), Calcium: 73.65mg (7.36%), Vitamin B3: 1.47mg (7.36%), Phosphorus: 72.76mg (7.28%), Iron: 1.23mg (6.85%), Vitamin B12: 0.26µg (4.42%), Vitamin A: 217.66IU (4.35%), Zinc: 0.65mg (4.31%), Magnesium: 12.03mg (3.01%), Fiber: 0.67g (2.66%), Copper: 0.05mg (2.36%), Vitamin B6: 0.04mg (1.83%), Vitamin E: 0.22mg (1.44%), Potassium: 45.26mg (1.29%), Vitamin B5: 0.12mg (1.23%)