



WHATSheATE



Cheesy Jalapeño Pull Bread



Vegetarian



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



528 kcal

Ingredients

- ☐ 1 rustic loaf of bread french italian
- ☐ 12 ounces monterrey jack cheese shredded
- ☐ 0.3 cup jalapeño peppers chopped to taste (less)
- ☐ 0.3 cup green onions chopped
- ☐ 4 Tbsp butter melted

Equipment

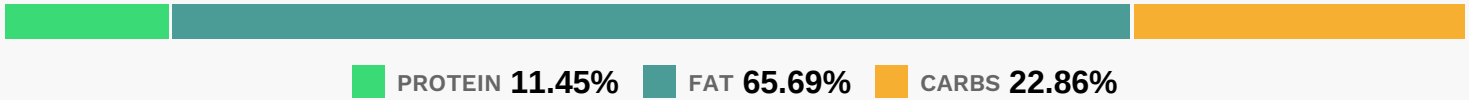
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Slice bread in cross hatch pattern: Preheat the oven to 350°F. Slice the bread almost all the way through (not all the way) in a cross hatch pattern, spacing an inch between the slices.
- ☐ Make cheese mixture:
- ☐ Place the shredded cheese in a large bowl. Toss with the green onions and jalapeños.
- ☐ Pour over with melted butter and use your clean hands to toss, to distribute the butter evenly through the cheese.
- ☐ Place the bread on a large sheet of aluminum foil (large enough to wrap the bread) on a baking sheet. Stuff every crevasse with the cheese mixture.
- ☐ Wrap with the aluminum foil. At this point you can make ahead and refrigerate until ready to bake.
- ☐ Bake in a 350°F oven for 15 minutes. Then uncover the foil from the bread and cook for 10 minutes more, until all of the cheese has melted.
- ☐ Place on a serving board or plate to serve.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:7.8617391689964%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 527.64kcal (26.38%), Fat: 38.68g (59.5%), Saturated Fat: 22.65g (141.55%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 28.11g (10.22%), Sugar: 17.88g (19.86%), Cholesterol: 53.11mg (17.7%), Sodium: 582.4mg (25.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.32%), Calcium: 322.16mg (32.22%), Phosphorus: 213.38mg (21.34%), Vitamin B2: 0.22mg (13.14%), Vitamin B3: 2.62mg (13.12%), Vitamin A: 607.85IU (12.16%), Folate: 46.14µg (11.53%), Zinc: 1.42mg (9.48%), Iron: 1.62mg (9.02%), Selenium: 6.27µg (8.96%), Fiber: 2.17g (8.69%), Vitamin K: 8.58µg (8.17%), Vitamin B12: 0.37µg (6.08%), Vitamin B1: 0.09mg (5.97%),

Magnesium: 22.51mg (5.63%), Potassium: 175.85mg (5.02%), Vitamin B6: 0.04mg (2.19%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.26µg (1.7%), Vitamin C: 1.01mg (1.23%), Vitamin B5: 0.12mg (1.17%), Copper: 0.02mg (1.12%)