



Cheesy Poppy Seed Bread

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



243 kcal

Ingredients

- 0.5 cup butter melted
- 1 teaspoon celery salt
- 1 bunch green onions thinly sliced
- 1 tablespoon poppy seeds
- 1 round loaf sourdough bread
- 1 pound swiss cheese sliced

Equipment

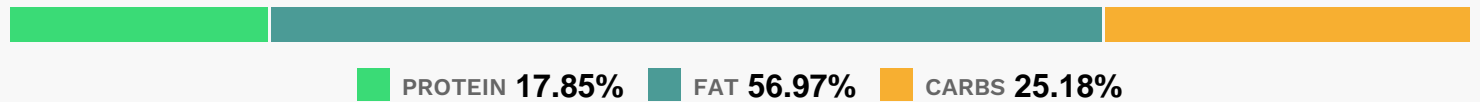
- baking sheet
- oven

aluminum foil

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Cover a baking sheet with a layer of aluminum foil.
- Without cutting through the bottom of the bread, deeply score the bread into 1 inch squares.
- Place the bread on the prepared baking sheet. Tuck the sliced Swiss cheese into the cuts, making sure to get into each score mark. Evenly sprinkle the green onions over the cheese, tucking some down into the cuts.
- Stir together the melted butter, poppy seeds, and celery salt. Spoon the butter mixture evenly over the stuffed bread. Cover the loaf with another sheet of aluminum foil.
- Bake in the preheated oven until the cheese is melted and the bread is hot, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.16, Glycemic Load:11.46, Inflammation Score:-4, Nutrition Score:8.2721738543199%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 242.72kcal (12.14%), Fat: 15.46g (23.79%), Saturated Fat: 8.98g (56.13%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 14.6g (5.31%), Sugar: 1.36g (1.52%), Cholesterol: 41.62mg (13.87%), Sodium: 414.23mg (18.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.8%), Calcium: 277.99mg (27.8%), Selenium: 16.79µg (23.98%), Phosphorus: 199.61mg (19.96%), Vitamin B12: 0.87µg (14.47%), Vitamin B1: 0.21mg (14.01%), Vitamin B2: 0.21mg (12.41%), Zinc: 1.59mg (10.6%), Folate: 39.01µg (9.75%), Manganese: 0.19mg (9.51%), Vitamin A: 427.53IU (8.55%), Vitamin B3: 1.4mg (6.99%), Iron: 1.22mg (6.8%), Magnesium: 20.81mg (5.2%), Vitamin K: 4.2µg (4%), Copper: 0.07mg (3.34%), Fiber: 0.77g (3.09%), Vitamin E: 0.41mg (2.75%), Vitamin B6: 0.05mg (2.63%), Vitamin B5: 0.23mg (2.27%), Potassium: 63.17mg (1.8%)