



Cheesy Roasted Red Pepper Bread

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



157 kcal

Ingredients

- ☐ 1 pound bread french
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup roasted peppers red drained finely chopped well (from 7-ounce jar)
- ☐ 0.5 cup salad dressing
- ☐ 4 ounces mozzarella cheese shredded

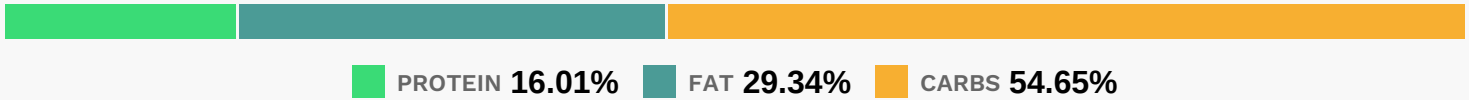
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F.
- ☐ Cut bread loaf horizontally into 3 layers.
- ☐ Mix remaining ingredients.
- ☐ Spread half of the cheese mixture over bottom layer. Top with second layer; spread with remaining cheese mixture. Top with third layer; press firmly.
- ☐ Wrap securely in heavy-duty aluminum foil.
- ☐ Bake 15 to 20 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:15.25, Inflammation Score:-3, Nutrition Score:6.1291303479153%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 156.83kcal (7.84%), Fat: 5.12g (7.88%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 20.54g (7.47%), Sugar: 3.04g (3.38%), Cholesterol: 7.47mg (2.49%), Sodium: 424.24mg (18.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Vitamin B1: 0.28mg (18.4%), Selenium: 12.64µg (18.06%), Folate: 48.26µg (12.07%), Vitamin B2: 0.19mg (11.19%), Manganese: 0.22mg (10.78%), Vitamin B3: 1.87mg (9.34%), Iron: 1.63mg (9.06%), Phosphorus: 76.58mg (7.66%), Calcium: 71.39mg (7.14%), Vitamin K: 5.98µg (5.7%), Zinc: 0.69mg (4.61%), Magnesium: 15.43mg (3.86%), Fiber: 0.93g (3.73%), Vitamin B12: 0.22µg (3.59%), Copper: 0.07mg (3.31%), Vitamin B6: 0.06mg (2.99%), Vitamin E: 0.32mg (2.1%), Potassium: 70.25mg (2.01%), Vitamin C: 1.65mg (2%), Vitamin A: 83.7IU (1.67%), Vitamin B5: 0.14mg (1.45%)