



Cheesy Stars

 Vegetarian

READY IN



40 min.

SERVINGS



16

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup onion sweet finely chopped (such as Walla Walla or Maui)
- ☐ 2 oz swiss cheese shredded
- ☐ 0.5 cup bell pepper diced yellow
- ☐ 0.5 cup salad dressing
- ☐ 16 slices sandwich bread white firm

Equipment

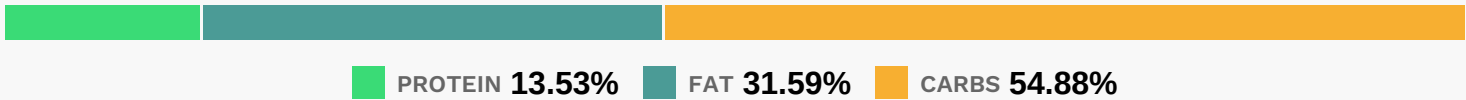
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Heat oven to 375°F. In small bowl, stir together all ingredients except bread.
- ☐ Spray cookie sheet with cooking spray.
- ☐ Cut star shape from each bread slice with 3- or 4-inch star-shaped cookie cutter.
- ☐ Spread about 1 tablespoon cheese mixture on each bread star; place on cookie sheet.
- ☐ Bake 12 to 15 minutes or until cheese is melted and bottoms of bread stars are golden brown.

Nutrition Facts



Properties

Glycemic Index:6.36, Glycemic Load:8.78, Inflammation Score:-2, Nutrition Score:4.2560869636743%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 101.91kcal (5.1%), Fat: 3.56g (5.48%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.25g (4.82%), Sugar: 2.38g (2.64%), Cholesterol: 3.3mg (1.1%), Sodium: 199.22mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin C: 8.81mg (10.68%), Selenium: 7.05µg (10.07%), Vitamin B1: 0.13mg (8.8%), Calcium: 86.76mg (8.68%), Manganese: 0.16mg (7.99%), Folate: 30.43µg (7.61%), Vitamin B3: 1.25mg (6.25%), Phosphorus: 52.16mg (5.22%), Iron: 0.9mg (4.99%), Vitamin B2: 0.07mg (4.29%), Vitamin K: 4.23µg (4.03%), Fiber: 0.66g (2.65%), Zinc: 0.39mg (2.63%), Magnesium: 9.3mg (2.32%), Vitamin B6: 0.04mg (2.23%), Copper: 0.04mg (2.09%), Vitamin B12: 0.11µg (1.78%), Vitamin B5: 0.16mg (1.62%), Vitamin E: 0.24mg (1.59%), Potassium: 53.76mg (1.54%)