



WHATSheATE



Creamy Cheese Bread



Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 pound bread french sliced



0.5 cup mayonnaise



0.7 ounce salad dressing mix dry italian-style



0.5 cup cup heavy whipping cream sour



1 cup swiss cheese shredded

Equipment



bowl



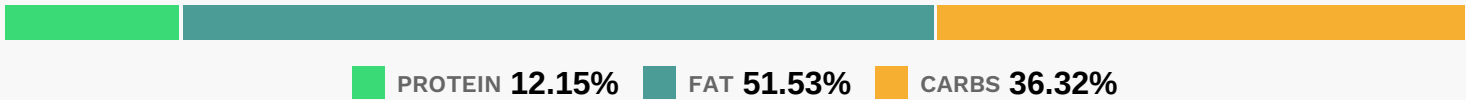
baking sheet

- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ In a medium bowl, mix sour cream, mayonnaise, Swiss cheese and dry Italian–style salad dressing mix.
- ☐ Spread the mixture generously on the French bread slices. Arrange slices in a single layer on a large baking sheet.
- ☐ Broil in the preheated oven 3 to 5 minutes, or until cheese is melted and bread is lightly browned.

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:22.78, Inflammation Score:-4, Nutrition Score:10.541304250774%

Nutrients (% of daily need)

Calories: 336.89kcal (16.84%), Fat: 19.34g (29.76%), Saturated Fat: 5.92g (37%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 29.42g (10.7%), Sugar: 3.46g (3.84%), Cholesterol: 26.92mg (8.97%), Sodium: 484.29mg (21.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.53%), Selenium: 21.18µg (30.26%), Vitamin B1: 0.41mg (27.25%), Vitamin K: 25.01µg (23.82%), Vitamin B2: 0.31mg (18.22%), Folate: 72.52µg (18.13%), Calcium: 165.59mg (16.56%), Phosphorus: 151.26mg (15.13%), Manganese: 0.3mg (15.06%), Vitamin B3: 2.76mg (13.79%), Iron: 2.28mg (12.67%), Zinc: 1.25mg (8.33%), Vitamin B12: 0.45µg (7.58%), Magnesium: 24.3mg (6.08%), Vitamin E: 0.77mg (5.12%), Fiber: 1.25g (4.99%), Copper: 0.1mg (4.91%), Vitamin A: 211.6IU (4.23%), Vitamin B6: 0.08mg (3.94%), Vitamin B5: 0.32mg (3.2%), Potassium: 98.78mg (2.82%)