



Easy Cheesy Bites

 Vegetarian

READY IN



30 min.

SERVINGS



15

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black drained chopped
- 0.5 cup butter
- 4 cups colby cheese shredded
- 0.5 cup green onions chopped
- 0.5 cup mayonnaise
- 1 pound cocktail rye bread

Equipment

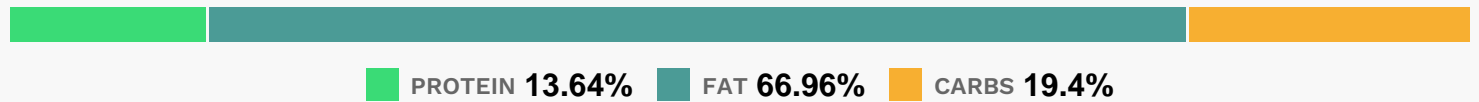
- bowl

- baking sheet
- oven
- broiler

Directions

- Preheat the broiler.
- In a medium bowl, mix Colby cheese, mayonnaise, green onions and black olives.
- Spread cocktail rye bread slices with butter. Top with equal amounts of the Colby cheese mixture.
- Arrange cocktail rye slices in a single layer on a large baking sheet. Broil in the preheated oven 5 to 10 minutes, or until cheese is melted and lightly browned.

Nutrition Facts



Properties

Glycemic Index:12.29, Glycemic Load:6.8, Inflammation Score:-5, Nutrition Score:9.0086956931197%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 326.36kcal (16.32%), Fat: 24.37g (37.49%), Saturated Fat: 12.11g (75.68%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 13.97g (5.08%), Sugar: 1.48g (1.65%), Cholesterol: 52.84mg (17.61%), Sodium: 526.65mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Calcium: 269.18mg (26.92%), Selenium: 14.74µg (21.05%), Phosphorus: 203.37mg (20.34%), Vitamin K: 20.95µg (19.95%), Vitamin B2: 0.24mg (14.12%), Manganese: 0.26mg (12.96%), Vitamin A: 588.02IU (11.76%), Folate: 42.4µg (10.6%), Zinc: 1.46mg (9.72%), Vitamin B1: 0.14mg (9.33%), Fiber: 1.91g (7.66%), Iron: 1.2mg (6.67%), Vitamin B3: 1.21mg (6.04%), Magnesium: 22.39mg (5.6%), Vitamin B12: 0.31µg (5.23%), Vitamin E: 0.72mg (4.82%), Copper: 0.08mg (3.9%), Potassium: 108.36mg (3.1%), Vitamin B6: 0.05mg (2.7%), Vitamin B5: 0.23mg (2.31%), Vitamin D: 0.23µg (1.51%)