



## Grilled Bread

READY IN



45 min.

SERVINGS



6

CALORIES



640 kcal

SIDE DISH

## Ingredients

- 0.3 cup basil fresh coarsely chopped
- 6 ounces gruyère cheese shredded sliced
- 3 tablespoons olive oil
- 4.5 ounce olives ripe drained chopped canned
- 2 cups hickory chips
- 6 plum tomatoes thinly sliced
- 18.5 ounce hoagie rolls split

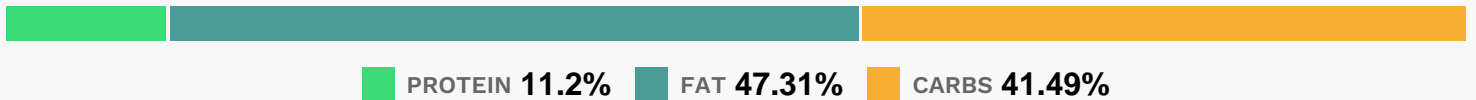
## Equipment

- grill
- aluminum foil

## Directions

- Soak wood chips in water at least 30 minutes.
- Drain chips; place on a square of heavy-duty aluminum foil. Fold foil to seal; cut several slits in top of packet.
- Place foil packet on coals or lava rocks, and ignite.
- Let charcoal burn 30 minutes or a gas grill preheat over medium heat (300 to 350
- minutes.
- Brush cut sides of rolls with olive oil; sprinkle evenly with olives. Top with tomato slices and cheese and basil.
- Coat food rack with cooking spray; place on grill.
- Place rolls, cut side up, on rack, and grill, covered with grill lid, 5 to 7 minutes or until cheese melts.
- Note: Gruyere cheese is a Swiss-style cheese with a rich, sweet, nutty flavor.

## Nutrition Facts



## Properties

Glycemic Index:40.89, Glycemic Load:41.92, Inflammation Score:-6, Nutrition Score:15.052173837371%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 639.59kcal (31.98%), Fat: 34.04g (52.37%), Saturated Fat: 10.36g (64.73%), Carbohydrates: 67.18g (22.39%), Net Carbohydrates: 60.85g (22.13%), Sugar: 7.18g (7.98%), Cholesterol: 31.18mg (10.39%), Sodium: 1283.96mg (55.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.26%), Iron: 14.55mg (80.85%),

Calcium: 320.98mg (32.1%), Fiber: 6.33g (25.31%), Phosphorus: 248.72mg (24.87%), Vitamin A: 939.11IU (18.78%),  
Vitamin C: 13.7mg (16.61%), Vitamin K: 15.71µg (14.96%), Vitamin E: 2.24mg (14.95%), Potassium: 521.95mg (14.91%),  
Manganese: 0.27mg (13.49%), Vitamin B6: 0.22mg (11.16%), Vitamin B3: 2.23mg (11.14%), Zinc: 1.49mg (9.94%),  
Magnesium: 34.41mg (8.6%), Folate: 31.03µg (7.76%), Vitamin B12: 0.45µg (7.56%), Vitamin B2: 0.12mg (6.93%),  
Vitamin B1: 0.1mg (6.88%), Selenium: 4.7µg (6.71%), Vitamin B5: 0.65mg (6.48%), Copper: 0.1mg (5.08%), Vitamin D:  
0.17µg (1.13%)