



Grilled Double-Cheese and Herb Bread

READY IN



15 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bread crumbs italian
- ☐ 1 serving pam original flavor shopping list
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 oz mild cheddar cheese shredded
- ☐ 2 oz havarti cheese shredded

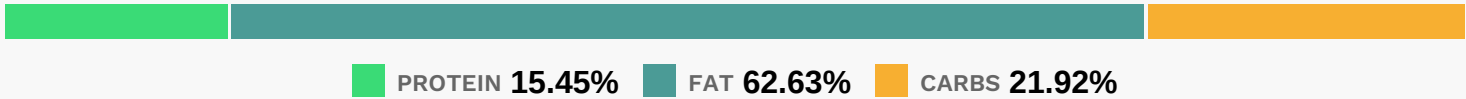
Equipment

grill

Directions

- Heat gas or charcoal grill. Spray both sides of each bread slice with cooking spray.
- Sprinkle one side with basil, oregano and garlic powder. Top with cheeses.
- Place bread on grill over medium heat. Cover grill; cook 2 to 3 minutes or until bread is toasted and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:6.8813042614771%

Nutrients (% of daily need)

Calories: 224.27kcal (11.21%), Fat: 15.79g (24.3%), Saturated Fat: 9.06g (56.61%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 10.81g (3.93%), Sugar: 6.3g (7%), Cholesterol: 26.65mg (8.88%), Sodium: 275.12mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Vitamin K: 25.26µg (24.05%), Calcium: 228.77mg (22.88%), Phosphorus: 152.81mg (15.28%), Iron: 1.83mg (10.19%), Manganese: 0.17mg (8.6%), Vitamin B2: 0.15mg (8.6%), Zinc: 1.24mg (8.25%), Selenium: 5.35µg (7.64%), Folate: 30.23µg (7.56%), Fiber: 1.63g (6.5%), Vitamin B12: 0.35µg (5.76%), Vitamin A: 283.14IU (5.66%), Magnesium: 21.67mg (5.42%), Vitamin B3: 1.03mg (5.15%), Vitamin E: 0.54mg (3.6%), Potassium: 108.11mg (3.09%), Vitamin B1: 0.04mg (2.87%), Vitamin B6: 0.05mg (2.6%), Copper: 0.05mg (2.34%), Vitamin B5: 0.13mg (1.28%)