



Grilled Feta and Olive Bread

READY IN



15 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter softened
- 3 tablespoons feta cheese crumbled
- 12 slices bread french thin
- 3 tablespoons greek olives chopped

Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, mix butter and cheese; set aside.
- Place bread on grill rack over medium heat. Cover grill; cook 3 to 5 minutes or until lightly toasted.
- Spread butter mixture over toasted sides of bread; sprinkle with olives. Cover grill; cook with olive sides up 3 to 5 minutes or until cheese is melted.

Nutrition Facts

 PROTEIN **14.11%**  FAT **23.44%**  CARBS **62.45%**

Properties

Glycemic Index:17.92, Glycemic Load:51.3, Inflammation Score:-6, Nutrition Score:16.921304433404%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 426.82kcal (21.34%), Fat: 11.17g (17.19%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 66.98g (22.33%), Net Carbohydrates: 64.03g (23.28%), Sugar: 5.94g (6.59%), Cholesterol: 7.57mg (2.52%), Sodium: 995.87mg (43.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.27%), Vitamin B1: 0.92mg (61.56%), Selenium: 37.92µg (54.17%), Folate: 160.35µg (40.09%), Vitamin B2: 0.62mg (36.54%), Manganese: 0.67mg (33.65%), Vitamin B3: 6.26mg (31.32%), Iron: 5.08mg (28.22%), Phosphorus: 164.82mg (16.48%), Fiber: 2.95g (11.79%), Calcium: 112.64mg (11.26%), Magnesium: 43.22mg (10.81%), Zinc: 1.58mg (10.52%), Copper: 0.2mg (10.1%), Vitamin B6: 0.17mg (8.74%), Vitamin A: 301.98IU (6.04%), Vitamin B5: 0.52mg (5.17%), Potassium: 159.65mg (4.56%), Vitamin E: 0.65mg (4.36%), Vitamin B12: 0.15µg (2.51%), Vitamin K: 1.11µg (1.05%)