



Grilled Garlic, Chive and Cheese Bread

 Vegetarian

READY IN



20 min.

SERVINGS



16

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz approx cream cheese spread
- 2 tablespoons chives fresh chopped
- 1 small garlic clove minced
- 16 oz bread split french

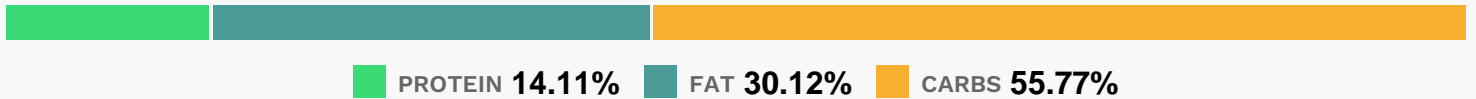
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, mix cream cheese spread, chives and garlic.
- When grill is heated, place bread halves, cut side down, on gas grill over medium heat or on charcoal grill over medium coals. Cook 1 to 2 minutes or until light golden brown.
- Turn bread halves; spread cream cheese mixture on toasted sides of bread. Cook cheese side up 3 to 4 minutes longer or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:9.72, Glycemic Load:11.36, Inflammation Score:-2, Nutrition Score:3.715217375237%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 112.66kcal (5.63%), Fat: 3.76g (5.79%), Saturated Fat: 2.13g (13.28%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 15.03g (5.47%), Sugar: 1.76g (1.95%), Cholesterol: 8.79mg (2.93%), Sodium: 236.48mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Vitamin B1: 0.2mg (13.46%), Selenium: 8.14µg (11.63%), Folate: 35.27µg (8.82%), Manganese: 0.15mg (7.65%), Vitamin B2: 0.12mg (7.16%), Vitamin B3: 1.37mg (6.85%), Iron: 1.12mg (6.21%), Calcium: 32.44mg (3.24%), Phosphorus: 30.27mg (3.03%), Vitamin A: 151IU (3.02%), Fiber: 0.64g (2.55%), Magnesium: 9.28mg (2.32%), Copper: 0.04mg (2.21%), Zinc: 0.3mg (1.99%), Vitamin B6: 0.03mg (1.66%)