



## Grilled Herbed Stuffed Bread

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



148 kcal

SIDE DISH

### Ingredients

- 1 oz cream cheese softened reduced-fat (Neufchâtel)
- 0.1 teaspoon seasoning italian
- 1 Dash garlic salt
- 2 crusty rolls (4 inches long)

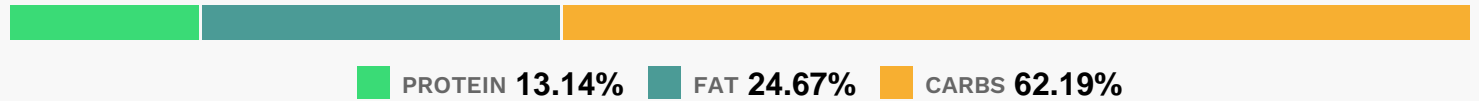
### Equipment

- bowl
- grill
- aluminum foil

## Directions

- Heat gas or charcoal grill for indirect heat as directed in owner's manual.
- Cut two 12x8-inch pieces of heavy-duty foil.
- In small bowl, mix cream cheese, Italian seasoning and garlic salt.
- Spread on cut sides of rolls.
- Place each roll on center of foil piece. Fold foil over roll so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Place packets over unheated area on grill. Cover and grill over medium heat 7 to 10 minutes or until rolls are heated through.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.4121739255345%

## Nutrients (% of daily need)

Calories: 147.93kcal (7.4%), Fat: 4.02g (6.19%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 22.82g (7.61%), Net Carbohydrates: 21.4g (7.78%), Sugar: 0.96g (1.07%), Cholesterol: 7.65mg (2.55%), Sodium: 317.12mg (13.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Selenium: 12.57µg (17.96%), Vitamin B1: 0.23mg (15.39%), Folate: 51.58µg (12.89%), Manganese: 0.25mg (12.41%), Vitamin B3: 1.89mg (9.47%), Vitamin B2: 0.16mg (9.17%), Iron: 1.24mg (6.86%), Calcium: 62.12mg (6.21%), Phosphorus: 57.85mg (5.79%), Fiber: 1.43g (5.72%), Copper: 0.06mg (3.17%), Vitamin B5: 0.32mg (3.15%), Zinc: 0.47mg (3.14%), Magnesium: 10.07mg (2.52%), Potassium: 85.61mg (2.45%), Vitamin B12: 0.13µg (2.17%), Vitamin K: 1.71µg (1.63%), Vitamin A: 80.37IU (1.61%), Vitamin E: 0.19mg (1.27%), Vitamin B6: 0.02mg (1.22%)