



Grilled Pesto-Cheese Bread

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil pesto refrigerated (from 7-oz container)
- ☐ 1 loaf bread crumbs italian (10 to 12 inch)
- ☐ 3 oz mozzarella cheese shredded

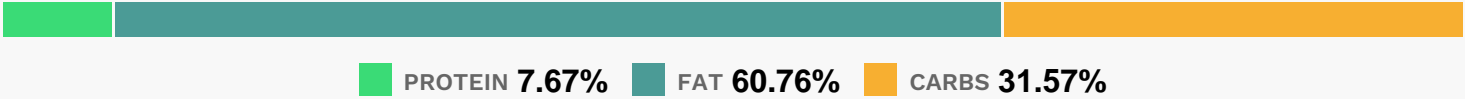
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut 18x18-inch sheet of heavy-duty foil.
- ☐ Cut loaf of bread in half lengthwise.
- ☐ Spread each half with pesto.
- ☐ Sprinkle with cheese.
- ☐ Place bread, cheese sides together, on foil; wrap securely using double fold seals, allowing room for heat expansion.
- ☐ When grill is heated, place wrapped bread on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 10 to 12 minutes, rotating and turning over occasionally, until bread is warm and cheese is melted.
- ☐ Carefully unwrap bread to allow steam to escape. Separate loaf into 2 halves; cut each into 6 pieces.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:2.4295652405075%

Nutrients (% of daily need)

Calories: 258.57kcal (12.93%), Fat: 17.46g (26.86%), Saturated Fat: 8.62g (53.88%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 18.98g (6.9%), Sugar: 11.96g (13.29%), Cholesterol: 6.15mg (2.05%), Sodium: 248.9mg (10.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin B3: 1.71mg (8.53%), Folate: 24.28µg (6.07%), Fiber: 1.43g (5.73%), Iron: 0.86mg (4.8%), Calcium: 46.88mg (4.69%), Phosphorus: 39.06mg (3.91%), Vitamin A: 186.79IU (3.74%), Vitamin B1: 0.05mg (3.67%), Vitamin B2: 0.05mg (3.18%), Vitamin B12: 0.16µg (2.69%), Potassium: 87.3mg (2.49%), Magnesium: 7.84mg (1.96%), Zinc: 0.28mg (1.88%), Selenium: 1.2µg (1.72%)