



## Grilled Pesto French Bread

READY IN



20 min.

SERVINGS



16

CALORIES



153 kcal

### Ingredients

- 3 oz cream cheese softened
- 0.5 cup basil pesto refrigerated
- 0.3 cup butter softened
- 1 lb bread split french halved
- 1 serving tomatoes chopped

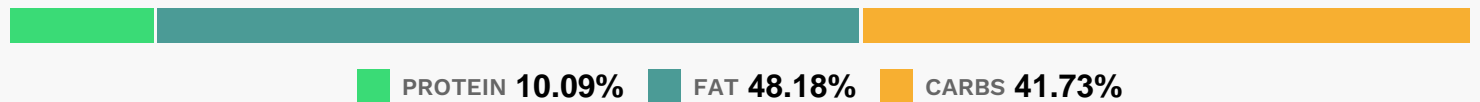
### Equipment

- bowl
- grill
- microwave

## Directions

- Heat gas or charcoal grill. In small microwavable bowl, microwave cream cheese on High 15 to 20 seconds; stir until creamy. Stir in pesto and butter until well mixed.
- When grill is heated, place bread pieces, cut side down, on gas grill over medium heat or on charcoal grill over medium coals. Cook 1 to 2 minutes or until lightly browned.
- Turn bread halves over.
- Spread pesto mixture evenly on cut sides of bread; cover grill. Cook 3 to 4 minutes or until thoroughly heated.
- Cut bread into 2-inch sections to serve.
- Garnish with tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:9.09, Glycemic Load:11.54, Inflammation Score:-4, Nutrition Score:4.4865217934484%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 153.23kcal (7.66%), Fat: 8.26g (12.71%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.21g (5.53%), Sugar: 2.05g (2.28%), Cholesterol: 5.99mg (2%), Sodium: 293.83mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Vitamin B1: 0.21mg (13.8%), Selenium: 8.57µg (12.24%), Folate: 37.07µg (9.27%), Vitamin A: 448.21IU (8.96%), Manganese: 0.16mg (8.1%), Vitamin B2: 0.14mg (8.04%), Vitamin B3: 1.44mg (7.19%), Iron: 1.19mg (6.61%), Phosphorus: 38.97mg (3.9%), Fiber: 0.88g (3.53%), Calcium: 34.56mg (3.46%), Magnesium: 10.89mg (2.72%), Copper: 0.05mg (2.53%), Zinc: 0.34mg (2.27%), Vitamin B6: 0.04mg (2.13%), Potassium: 68.34mg (1.95%), Vitamin C: 1.55mg (1.88%), Vitamin E: 0.28mg (1.84%), Vitamin B5: 0.14mg (1.38%), Vitamin K: 1.2µg (1.14%)