



Grilled Pesto French Bread

READY IN



20 min.

SERVINGS



16

CALORIES



184 kcal

Ingredients

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

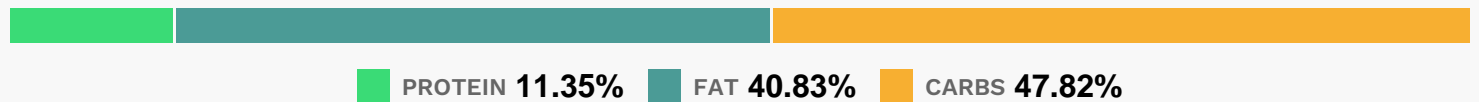
Equipment

- 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:13.26, Inflammation Score:-8, Nutrition Score:10.986521783082%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 183.61kcal (9.18%), Fat: 8.6g (13.23%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 19.75g (7.18%), Sugar: 6.49g (7.21%), Cholesterol: 5.99mg (2%), Sodium: 302.26mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Vitamin A: 1853.9IU (37.08%), Vitamin C: 24.67mg (29.9%), Vitamin B1: 0.27mg (17.96%), Manganese: 0.35mg (17.72%), Folate: 62.38µg (15.6%), Vitamin K: 14.53µg (13.84%), Potassium: 468.28mg (13.38%), Selenium: 8.57µg (12.24%), Vitamin B3: 2.44mg (12.21%), Fiber: 2.91g (11.63%), Vitamin B2: 0.17mg (9.93%), Iron: 1.65mg (9.14%), Vitamin B6: 0.18mg (8.88%), Phosphorus: 79.47mg (7.95%), Vitamin E: 1.19mg (7.91%), Copper: 0.15mg (7.51%), Magnesium: 29.46mg (7.36%), Calcium: 51.44mg (5.14%), Zinc: 0.63mg (4.18%), Vitamin B5: 0.29mg (2.88%)