



## Grilled Salsa Melts

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 oz bread baguette french
- 1 chipotle pepper in adobo sauce canned finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 green onions finely chopped
- 1 tsp ground cumin
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 10 big pepper jack cheese kraft
- 2 large tomatoes seeded finely chopped

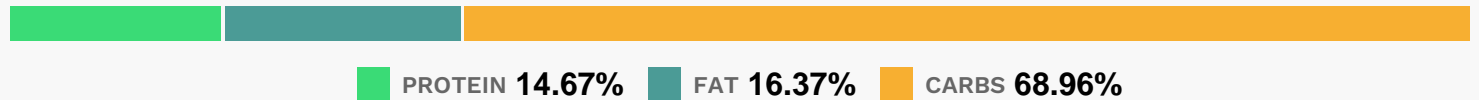
# Equipment

- grill
- aluminum foil

# Directions

- Heat grill to medium heat.
- Combine first 6 ingredients.
- Cover half the grill grate with sheet of heavy-duty foil. Grill bread slices on uncovered side 30 sec. to 1 min. or until bottoms are golden brown. Turn bread slices over and place on foil-covered grate. Top with cheese, then tomato mixture.
- Grill 3 to 4 min. or until cheese is melted and tomato mixture is heated through.

# Nutrition Facts



# Properties

Glycemic Index:10.73, Glycemic Load:9.28, Inflammation Score:-3, Nutrition Score:3.8934782806622%

# Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

# Nutrients (% of daily need)

Calories: 75.18kcal (3.76%), Fat: 1.38g (2.13%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 12.26g (4.46%), Sugar: 1.93g (2.14%), Cholesterol: 0.44mg (0.15%), Sodium: 170.07mg (7.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin B1: 0.17mg (11.32%), Selenium: 6.63µg (9.47%), Folate: 31.62µg (7.9%), Manganese: 0.15mg (7.33%), Vitamin B2: 0.1mg (6.11%), Vitamin B3: 1.22mg (6.09%), Vitamin K: 6.36µg (6.06%), Iron: 1.05mg (5.85%), Vitamin A: 183.28IU (3.67%), Vitamin C: 2.79mg (3.38%), Fiber: 0.84g (3.36%), Phosphorus: 31.88mg (3.19%), Magnesium: 10.2mg (2.55%), Copper: 0.05mg (2.41%), Potassium: 78.68mg (2.25%), Vitamin B6: 0.04mg (2.13%), Calcium: 19.65mg (1.97%), Zinc: 0.29mg (1.96%), Vitamin E: 0.23mg (1.51%)