



## Grilled Stuffed French Bread

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



182 kcal

### Ingredients

- 8 ounces bread french
- 0.3 cup pesto rosso
- 4 ounces mozzarella cheese shredded

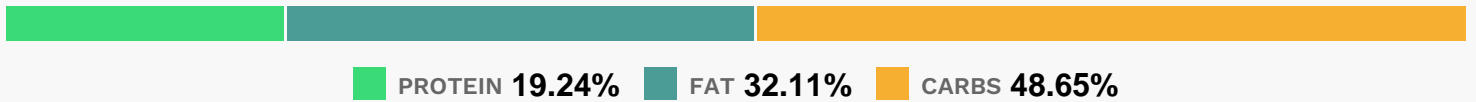
### Equipment

- grill
- aluminum foil

### Directions

- Heat coals or gas grill for direct heat. Spray 18-inch piece of heavy-duty foil with cooking spray.
- Cut bread loaf diagonally into 12 slices to within 1/2 inch of bottom of loaf.
- Spread pesto on both sides of slices.
- Sprinkle slices with cheese. Securely wrap loaf in foil.
- Grill bread uncovered 5 to 6 inches from medium heat about 10 minutes, turning once, until hot.

## Nutrition Facts



### Properties

Glycemic Index:17.92, Glycemic Load:15.23, Inflammation Score:-3, Nutrition Score:6.666956577612%

### Nutrients (% of daily need)

Calories: 181.7kcal (9.08%), Fat: 6.46g (9.94%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 20.76g (7.55%), Sugar: 3.04g (3.38%), Cholesterol: 16.03mg (5.34%), Sodium: 472.67mg (20.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.43%), Selenium: 14.02µg (20.03%), Vitamin B1: 0.27mg (18.27%), Calcium: 128.44mg (12.84%), Vitamin B2: 0.21mg (12.64%), Folate: 47.82µg (11.95%), Phosphorus: 106.59mg (10.66%), Manganese: 0.2mg (10.19%), Iron: 1.72mg (9.56%), Vitamin B3: 1.84mg (9.21%), Vitamin B12: 0.43µg (7.18%), Zinc: 0.94mg (6.3%), Fiber: 1.27g (5.09%), Vitamin A: 216.63IU (4.33%), Magnesium: 15.88mg (3.97%), Copper: 0.06mg (2.98%), Vitamin B6: 0.05mg (2.37%), Potassium: 58.59mg (1.67%), Vitamin B5: 0.15mg (1.53%)