



Heavenly Bread

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



885 kcal

Ingredients

- ☐ 1 stick butter melted
- ☐ 1 loaf bread french sliced in half lengthwise
- ☐ 0.5 cup garlic minced
- ☐ 1 Dash hot sauce
- ☐ 1 cup jack cheese grated
- ☐ 15 ounce mayonnaise

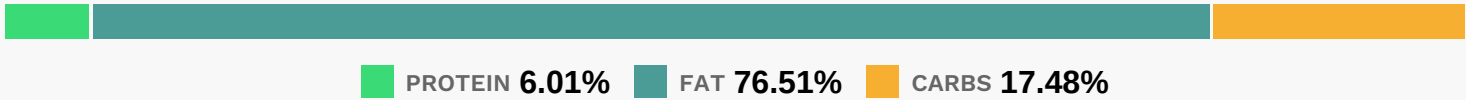
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a bowl, combine the mayonnaise, butter, cheese, garlic and hot sauce.
- ☐ Spread over both halves of the bread.
- ☐ Bake in the oven until golden brown and bubbling, about 5 minutes. Slice and serve.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:27.97, Inflammation Score:-6, Nutrition Score:17.93739135369%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 885.45kcal (44.27%), Fat: 75.66g (116.41%), Saturated Fat: 21.93g (137.08%), Carbohydrates: 38.9g (12.96%), Net Carbohydrates: 37.19g (13.52%), Sugar: 3.7g (4.11%), Cholesterol: 87.02mg (29.01%), Sodium: 1087.85mg (47.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.75%), Vitamin K: 117.97µg (112.36%), Selenium: 25.23µg (36.04%), Vitamin B1: 0.51mg (33.79%), Manganese: 0.55mg (27.29%), Vitamin B2: 0.39mg (22.97%), Folate: 89.84µg (22.46%), Calcium: 205.87mg (20.59%), Vitamin E: 2.96mg (19.73%), Phosphorus: 190.37mg (19.04%), Iron: 3.09mg (17.15%), Vitamin B3: 3.32mg (16.59%), Vitamin A: 662.59IU (13.25%), Vitamin B6: 0.23mg (11.65%), Zinc: 1.51mg (10.09%), Copper: 0.15mg (7.74%), Magnesium: 30.34mg (7.58%), Fiber: 1.7g (6.82%), Vitamin B5: 0.47mg (4.72%), Vitamin B12: 0.27µg (4.56%), Potassium: 157.42mg (4.5%), Vitamin C: 3.55mg (4.3%), Vitamin D: 0.25µg (1.7%)