



Herbed Cheese French Bread

 Vegetarian

READY IN



15 min.

SERVINGS



16

CALORIES



89 kcal

Ingredients

- ☐ 16 ounce bread french
- ☐ 1 tablespoon parsley dried fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 green onions chopped
- ☐ 1 Dash ground pepper red
- ☐ 0.5 teaspoon fines herbes
- ☐ 0.5 cup part-skim ricotta cheese

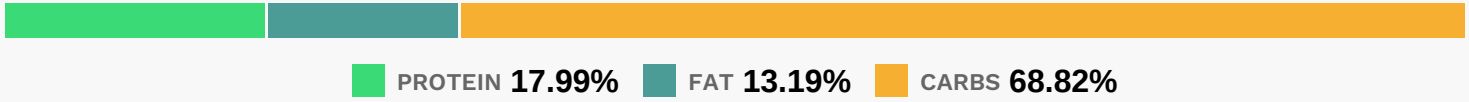
Equipment

- ☐ oven

Directions

- ☐ Combine first 6 ingredients; stir well. Slice bread in half lengthwise.
- ☐ Spread cheese mixture evenly over cut sides of bread.
- ☐ Broil 5 1/2 inches from heat (with electric oven door partially opened) for 5 minutes or until bread is lightly browned.

Nutrition Facts



Properties

Glycemic Index:10.91, Glycemic Load:11.4, Inflammation Score:-2, Nutrition Score:4.3213043544927%

Flavonoids

Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 89.32kcal (4.47%), Fat: 1.31g (2.02%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 14.72g (5.35%), Sugar: 1.38g (1.54%), Cholesterol: 2.4mg (0.8%), Sodium: 181.24mg (7.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Vitamin B1: 0.2mg (13.66%), Selenium: 9.48µg (13.55%), Folate: 37.17µg (9.29%), Manganese: 0.17mg (8.64%), Vitamin B2: 0.14mg (8.24%), Vitamin B3: 1.4mg (6.99%), Iron: 1.24mg (6.88%), Vitamin K: 5.6µg (5.34%), Phosphorus: 45.7mg (4.57%), Calcium: 39.61mg (3.96%), Fiber: 0.72g (2.87%), Magnesium: 11.21mg (2.8%), Zinc: 0.42mg (2.79%), Copper: 0.05mg (2.47%), Vitamin B6: 0.04mg (1.94%), Potassium: 52.23mg (1.49%), Vitamin B5: 0.12mg (1.18%), Vitamin A: 50.96IU (1.02%)