



Marinated Cheese Appetizers

 Vegetarian

READY IN



45 min.

SERVINGS



44

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce block cheddar cheese reduced-fat
- ☐ 12 ounce baguette french
- ☐ 1 cup dressing fat-free italian
- ☐ 8 ounce block part-skim mozzarella cheese

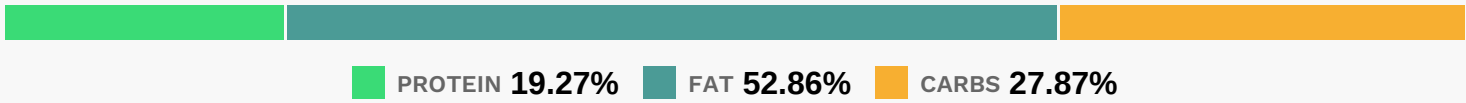
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut cheeses into 1/4-inch-thick slices; place slices in a 13- x 9-inch dish, overlapping slightly.
- ☐ Combine dressing and pepper; pour over cheese. Cover and chill 8 hours.
- ☐ Preheat oven to 35
- ☐ Cut baguette into 1/4-inch-thick slices.
- ☐ Place on baking sheets.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly toasted, turning once.
- ☐ Drain cheeses.
- ☐ Place 1 cheese slice on each bread slice.
- ☐ Garnish with fresh basil, if desired.
- ☐ Tip: To make ahead, marinate the cheese overnight in the refrigerator. Toast the bread a day ahead, and store it at room temperature. Assemble the appetizers right before serving.

Nutrition Facts



Properties

Glycemic Index:2.97, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:2.1565217595224%

Nutrients (% of daily need)

Calories: 66.99kcal (3.35%), Fat: 3.91g (6.02%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 4.48g (1.63%), Sugar: 1.01g (1.13%), Cholesterol: 8.45mg (2.82%), Sodium: 166.44mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Calcium: 85.61mg (8.56%), Phosphorus: 55.64mg (5.56%), Selenium: 3.64µg (5.2%), Vitamin B2: 0.06mg (3.72%), Vitamin K: 3.45µg (3.28%), Vitamin B1: 0.05mg (3.23%), Zinc: 0.4mg (2.64%), Folate: 9.82µg (2.46%), Manganese: 0.04mg (2%), Vitamin B3: 0.37mg (1.83%), Iron: 0.3mg (1.67%), Vitamin B12: 0.1µg (1.62%), Vitamin A: 78.43IU (1.57%), Vitamin E: 0.19mg (1.24%), Magnesium: 4.87mg (1.22%)