



Mexican Salsa Bread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 ounces monterrey jack cheese shredded divided reduced-fat
- ☐ 0.8 cup picante sauce
- ☐ 1 pound pizza crust italian cheese-flavored such as Boboli

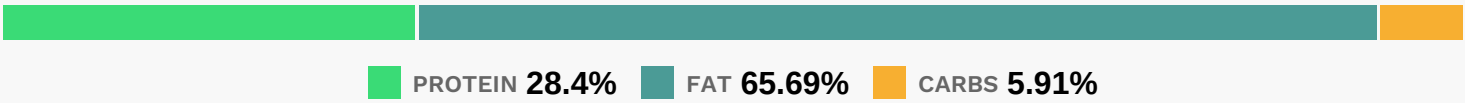
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine 1/2 cup cheese, picante sauce, and cilantro in a small bowl; stir well.
- ☐ Spread over pizza crust, and sprinkle with remaining cheese.
- ☐ Place on a baking sheet, and bake at 350 for 15 minutes or until cheese melts.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.0839130308317%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 242.1kcal (12.1%), Fat: 18.52g (28.49%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.01g (1.12%), Cholesterol: 23.96mg (7.99%), Sodium: 352.98mg (15.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.03%), Calcium: 226.41mg (22.64%), Phosphorus: 71.06mg (7.11%), Vitamin A: 270.99IU (5.42%), Vitamin B2: 0.06mg (3.77%), Vitamin K: 3.44µg (3.28%), Selenium: 2.28µg (3.26%), Zinc: 0.48mg (3.18%), Vitamin B6: 0.06mg (2.75%), Vitamin E: 0.35mg (2.34%), Potassium: 77.84mg (2.22%), Vitamin B12: 0.12µg (1.96%), Magnesium: 7.66mg (1.91%), Fiber: 0.46g (1.83%), Manganese: 0.03mg (1.6%), Vitamin B3: 0.29mg (1.47%), Iron: 0.22mg (1.2%), Copper: 0.02mg (1.09%)