



Monterey Ranch Bread

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



382 kcal

Ingredients

- 2 cups monterrey jack cheese shredded
- 0.8 cup ranch dressing with bacon
- 1 pound bread french
- 2 tablespoons butter melted
- 1 serving parsley fresh minced

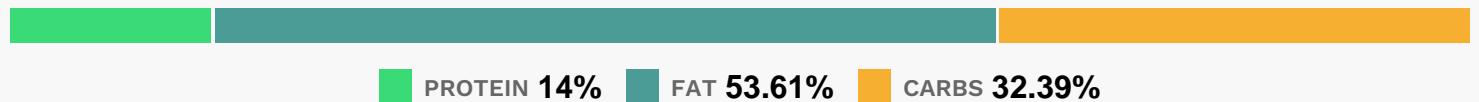
Equipment

- bowl
- baking sheet
- oven

Directions

- In a small bowl, combine 2 cups (8 oz.) cheese and 3/4 cup salad dressing with bacon; set aside.
- Cut 1 loaf (1 lb.) French bread in half lengthwise; brush with 2 Tbsp. melted butter. Broil 4 in. from heat on baking sheets until golden brown.
- Spread with cheese mixture.
- Bake at 350° for 10–15 minutes or until cheese is melted.
- Sprinkle with minced fresh parsley.
- Serves 8.

Nutrition Facts



Properties

Glycemic Index:23.69, Glycemic Load:22.74, Inflammation Score:-5, Nutrition Score:12.400869631249%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 381.62kcal (19.08%), Fat: 22.79g (35.06%), Saturated Fat: 9.06g (56.63%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 29.72g (10.81%), Sugar: 3.82g (4.25%), Cholesterol: 38.52mg (12.84%), Sodium: 736.34mg (32.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.77%), Vitamin K: 39.7µg (37.81%), Selenium: 21.14µg (30.19%), Vitamin B1: 0.41mg (27.39%), Calcium: 248.06mg (24.81%), Phosphorus: 227.94mg (22.79%), Vitamin B2: 0.37mg (21.97%), Folate: 76.59µg (19.15%), Manganese: 0.31mg (15.52%), Iron: 2.52mg (14%), Vitamin B3: 2.78mg (13.9%), Zinc: 1.48mg (9.89%), Vitamin A: 355.38IU (7.11%), Magnesium: 27.22mg (6.8%), Vitamin E: 0.78mg (5.18%), Fiber: 1.26g (5.06%), Copper: 0.1mg (5.01%), Vitamin B12: 0.28µg (4.64%), Vitamin B6: 0.09mg (4.51%), Vitamin B5: 0.43mg (4.34%), Potassium: 107.23mg (3.06%), Vitamin D: 0.19µg (1.28%)