



## Mustard Bread

READY IN



45 min.

SERVINGS



8

CALORIES



625 kcal

### Ingredients

- 16 ounce bread loaf french italian
- 0.5 cup butter softened
- 6 bacon crumbled cooked
- 4 green onions chopped
- 3 tablespoons horseradish mustard
- 1 tablespoons poppy seeds
- 12 ounce swiss cheese

### Equipment

- oven

aluminum foil

## Directions

- Stir together first 4 ingredients until well blended.
- Slice bread in half lengthwise; spread butter mixture evenly on cut side of bottom half.
- Sprinkle with bacon; top with cheese. Replace top bread half; wrap in aluminum foil.
- Bake at 350 for 30 to 35 minutes or until bread is thoroughly heated.

## Nutrition Facts

**PROTEIN 11.97%** **FAT 67.96%** **CARBS 20.07%**

## Properties

Glycemic Index:12, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:11.809130395236%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 624.85kcal (31.24%), Fat: 47.39g (72.91%), Saturated Fat: 21.78g (136.14%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 28.89g (10.51%), Sugar: 17.77g (19.75%), Cholesterol: 45.49mg (15.16%), Sodium: 586.74mg (25.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.79g (37.57%), Calcium: 407.42mg (40.74%), Phosphorus: 309.69mg (30.97%), Selenium: 17.94µg (25.63%), Vitamin B12: 1.36µg (22.73%), Vitamin A: 926.47IU (18.53%), Vitamin B3: 3.28mg (16.42%), Zinc: 2.3mg (15.36%), Vitamin K: 13.1µg (12.48%), Vitamin B2: 0.21mg (12.28%), Folate: 44.85µg (11.21%), Fiber: 2.6g (10.41%), Vitamin B1: 0.14mg (9.51%), Iron: 1.59mg (8.84%), Magnesium: 33.76mg (8.44%), Potassium: 222.21mg (6.35%), Manganese: 0.11mg (5.6%), Vitamin E: 0.79mg (5.29%), Vitamin B6: 0.07mg (3.67%), Vitamin B5: 0.29mg (2.86%), Copper: 0.05mg (2.69%), Vitamin C: 1.19mg (1.44%)