



Olive & Cheese Appetizers

 Vegetarian

READY IN



17 min.

SERVINGS



48

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.3 oz olives black pitted drained chopped canned
- 48 inches loaves bread french
- 1 tsp garlic powder
- 0.3 cup real mayo mayonnaise kraft
- 8 oz mozzarella cheese shredded kraft finely
- 1 cup tomatoes seeded chopped

Equipment

- bowl

baking sheet

broiler

Directions

Preheat broiler to high.

Mix mayo and garlic powder in small bowl. Stir in cheese, tomato and olives.

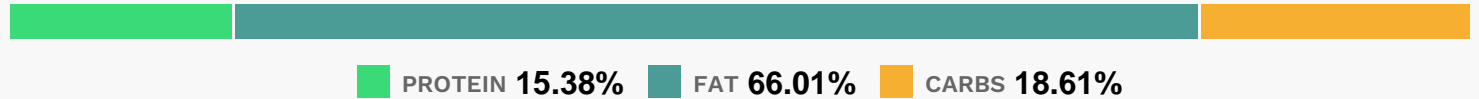
Cut each bread loaf diagonally into 24 slices; place on baking sheet.

Spread evenly with cheese mixture.

Broil, 4 to 6 inches from heat, 2 min. or until cheese is melted.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:1.1108695644399%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 36.07kcal (1.8%), Fat: 2.67g (4.11%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.27g (0.3%), Cholesterol: 4.39mg (1.46%), Sodium: 94.15mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin K: 2.94µg (2.8%), Calcium: 26.97mg (2.7%), Selenium: 1.6µg (2.29%), Phosphorus: 20.83mg (2.08%), Vitamin B12: 0.11µg (1.83%), Vitamin B2: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.44%), Vitamin A: 68.67IU (1.37%), Vitamin E: 0.18mg (1.19%), Zinc: 0.17mg (1.17%), Folate: 4.1µg (1.03%)