

Olive Cheese Bread

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound bread french
- 0.5 cup butter melted
- 2 spring onion chopped
- 0.5 cup mayonnaise
- 6 ounces monterrey jack cheese shredded
- 2.3 ounces olives ripe drained sliced canned

Equipment

- bowl

baking sheet

oven

Directions

In a large bowl, combine the first five ingredients. Slice bread in half widthwise and lengthwise.

Place on an ungreased baking sheet.

Spread cheese mixture over cut sides of bread.

Bake at 350° for 15–20 minutes or until the cheese is melted.

Nutrition Facts



PROTEIN 10.5% **FAT 62.48%** **CARBS 27.02%**

Properties

Glycemic Index:14.97, Glycemic Load:11.41, Inflammation Score:-3, Nutrition Score:5.7739130608414%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 221.49kcal (11.07%), Fat: 15.51g (23.86%), Saturated Fat: 6.73g (42.04%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.3g (5.2%), Sugar: 1.46g (1.63%), Cholesterol: 27.65mg (9.22%), Sodium: 386.95mg (16.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin K: 15.53µg (14.79%), Selenium: 9.93µg (14.18%), Vitamin B1: 0.21mg (13.71%), Calcium: 99.47mg (9.95%), Vitamin B2: 0.17mg (9.87%), Folate: 38.43µg (9.61%), Phosphorus: 80.86mg (8.09%), Manganese: 0.15mg (7.63%), Vitamin B3: 1.4mg (6.98%), Iron: 1.24mg (6.9%), Vitamin A: 294.2IU (5.88%), Vitamin E: 0.64mg (4.28%), Zinc: 0.64mg (4.25%), Magnesium: 12.89mg (3.22%), Fiber: 0.79g (3.18%), Copper: 0.05mg (2.69%), Vitamin B6: 0.04mg (2.08%), Vitamin B12: 0.11µg (1.81%), Potassium: 50.7mg (1.45%), Vitamin B5: 0.14mg (1.39%)