

Onion Cheese Bread

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 loaf bread french (1 pound and 20 inches long)
- 6 tablespoons butter melted
- 4.5 teaspoons juice of lemon
- 8 ounces monterrey jack cheese cut into 1/4-inch cubes
- 1.5 teaspoons mustard prepared
- 0.5 cup spring onion chopped

Equipment

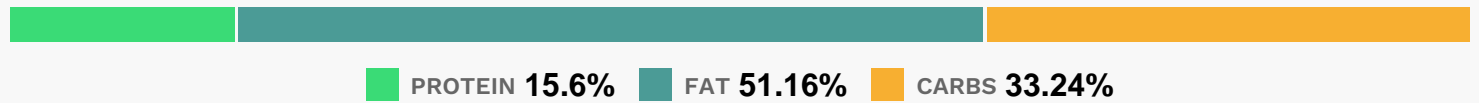
- baking sheet

- oven
- aluminum foil

Directions

- Cut bread lengthwise down the middle to within 1/2 in. of bottom.
- Cut diagonally into 1-in. slices to within 1/2 in. of bottom. Repeat cuts in the opposite direction. Stuff bread with cheese and onions.
- Place on a double thickness of heavy-duty foil (about 24 in. x 12 in.).
- Combine the butter, lemon juice and mustard; drizzle over bread. Fold foil around bread.
- Place on a baking sheet.
- Bake at 425° for 20 minutes or until cheese is melted. Unwrap; bake 5-10 minutes longer or until bread is lightly crisp.
- Cut into pieces; serve warm.

Nutrition Facts



Properties

Glycemic Index:22.15, Glycemic Load:16.13, Inflammation Score:-5, Nutrition Score:8.424782667471%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 256.18kcal (12.81%), Fat: 14.69g (22.6%), Saturated Fat: 8.87g (55.41%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 20.43g (7.43%), Sugar: 2.15g (2.39%), Cholesterol: 38.24mg (12.75%), Sodium: 439.96mg (19.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Selenium: 15.1µg (21.57%), Calcium: 196.21mg (19.62%), Vitamin B1: 0.29mg (19.5%), Vitamin B2: 0.27mg (15.7%), Phosphorus: 147.55mg (14.76%), Folate: 57.24µg (14.31%), Vitamin K: 11.8µg (11.23%), Manganese: 0.22mg (11.17%), Iron: 1.82mg (10.09%), Vitamin B3: 1.99mg (9.93%), Vitamin A: 434.84IU (8.7%), Zinc: 1.13mg (7.53%), Magnesium: 20.59mg (5.15%), Fiber: 1.05g (4.2%), Copper: 0.07mg (3.66%), Vitamin B12: 0.2µg (3.38%), Vitamin B6: 0.07mg (3.28%), Vitamin E: 0.37mg (2.48%), Potassium: 84.43mg (2.41%), Vitamin C: 1.81mg (2.2%), Vitamin B5: 0.2mg (1.99%)