



Peppy Cheese Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound bread french
- 0.3 cup butter cubed
- 1.5 teaspoons chili powder
- 0.3 cup onion finely chopped
- 8 ounces pepper jack cheese shredded
- 4 ounces mozzarella cheese shredded

Equipment

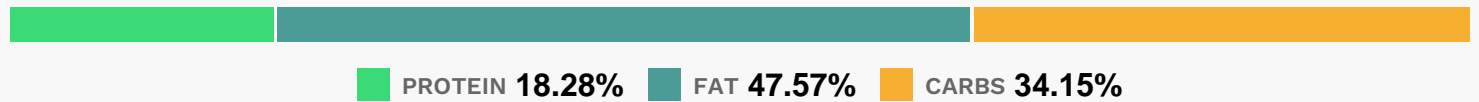
- bowl

- oven
- aluminum foil
- microwave

Directions

- Cut bread in half lengthwise. In a microwave-safe bowl, combine the butter, onion and chili powder. Cover and microwave on high for
- 1/2 to 2-1/2 minutes or until the onion is tender, stirring once.
- Spread over cut side of bottom of bread.
- Sprinkle with cheeses. Replace bread top; wrap in heavy-duty foil.
- Bake at 350° for 35 minutes or until the cheese is melted. Slice and serve warm.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:15.28, Inflammation Score:-4, Nutrition Score:7.9608695584795%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 237.61kcal (11.88%), Fat: 12.63g (19.43%), Saturated Fat: 7.49g (46.82%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 19.42g (7.06%), Sugar: 2.1g (2.33%), Cholesterol: 34.45mg (11.48%), Sodium: 434.84mg (18.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Selenium: 15.27µg (21.82%), Calcium: 211.1mg (21.11%), Vitamin B1: 0.28mg (18.43%), Phosphorus: 159.91mg (15.99%), Vitamin B2: 0.27mg (15.69%), Folate: 51.4µg (12.85%), Manganese: 0.21mg (10.58%), Iron: 1.71mg (9.48%), Vitamin B3: 1.88mg (9.42%), Zinc: 1.26mg (8.38%), Vitamin A: 401.59IU (8.03%), Vitamin B12: 0.38µg (6.34%), Magnesium: 19.89mg (4.97%), Fiber: 0.98g (3.9%), Copper: 0.07mg (3.42%), Vitamin B6: 0.07mg (3.41%), Vitamin E: 0.35mg (2.35%), Potassium: 77.59mg (2.22%), Vitamin B5: 0.19mg (1.91%), Vitamin K: 1.56µg (1.49%), Vitamin D: 0.15µg (1.01%)