



## Plum Tomato & Pesto Bread

READY IN



30 min.

SERVINGS



30

CALORIES



143 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 0.8 cup classico basil pesto sauce and spread traditional
- 0.5 cup olives black sliced
- 1 lb bread italian cut in half lengthwise
- 0.5 cup polly-o parmesan cheese shredded
- 6 plum tomatoes sliced
- 2 cups mozzarella cheese shredded kraft

### Equipment

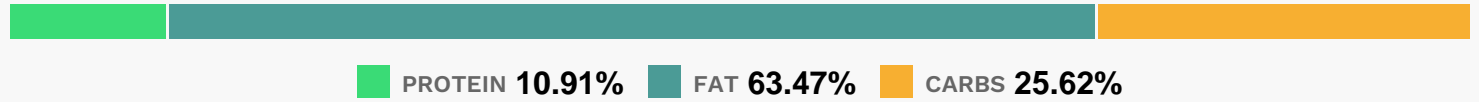
- baking sheet

oven

## Directions

- Preheat oven to 400F.
- Place bread, cut-sides up, on baking sheet.
- Bake 8 to 10 min. or until golden brown.
- Spread bread halves evenly with pesto; top with remaining ingredients.
- Bake an additional 8 to 10 min. or until cheeses are melted.
- Cut each bread piece into 12 slices.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.07, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.3130434932916%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 142.79kcal (7.14%), Fat: 10.1g (15.54%), Saturated Fat: 4.6g (28.78%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.32g (3.03%), Sugar: 5.3g (5.89%), Cholesterol: 7.53mg (2.51%), Sodium: 223.3mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Calcium: 69.83mg (6.98%), Vitamin A: 300.62IU (6.01%), Phosphorus: 46.66mg (4.67%), Vitamin B3: 0.77mg (3.86%), Fiber: 0.85g (3.41%), Vitamin B12: 0.19µg (3.17%), Folate: 12.09µg (3.02%), Vitamin B2: 0.04mg (2.52%), Iron: 0.44mg (2.47%), Selenium: 1.66µg (2.38%), Zinc: 0.32mg (2.11%), Vitamin C: 1.7mg (2.06%), Potassium: 70.35mg (2.01%), Vitamin B1: 0.03mg (1.94%), Magnesium: 6.41mg (1.6%), Vitamin K: 1.21µg (1.15%), Vitamin E: 0.17mg (1.14%)