



Savory Party Bread

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



473 kcal

Ingredients

- 1 pound sourdough bread
- 1 pound monterrey jack cheese
- 0.5 cup butter melted
- 0.5 cup spring onion chopped
- 2 teaspoons poppy seeds

Equipment

- bowl
- baking sheet
- oven

aluminum foil

Directions

Preheat oven to 350°.

Cut bread widthwise into 1-in. slices to within 1/2 in. of bottom of loaf. Repeat cuts in opposite direction.

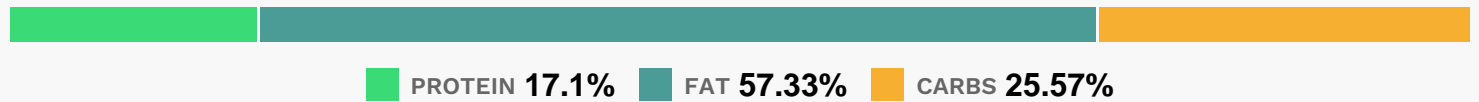
Cut cheese into 1/4-in. slices; cut slices into small pieces.

Place cheese in cuts in bread.

In a small bowl, mix butter, green onions and poppy seeds; drizzle over bread. Wrap in foil; place on a baking sheet.

Bake for 15 minutes. Unwrap; bake until cheese is melted, about 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:22.89, Inflammation Score:-7, Nutrition Score:14.72260874769%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 473.37kcal (23.67%), Fat: 30.38g (46.74%), Saturated Fat: 18.46g (115.36%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 28.93g (10.52%), Sugar: 3.08g (3.42%), Cholesterol: 80.97mg (26.99%), Sodium: 773.94mg (33.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.77%), Calcium: 471.15mg (47.11%), Selenium: 24.72µg (35.31%), Phosphorus: 323.52mg (32.35%), Vitamin B1: 0.42mg (28.11%), Vitamin B2: 0.47mg (27.87%), Folate: 84.99µg (21.25%), Manganese: 0.36mg (18.18%), Vitamin A: 852.87IU (17.06%), Zinc: 2.39mg (15.91%), Iron: 2.79mg (15.52%), Vitamin K: 15.74µg (15%), Vitamin B3: 2.83mg (14.16%), Magnesium: 37.59mg (9.4%), Vitamin B12: 0.49µg (8.25%), Fiber: 1.56g (6.22%), Copper: 0.12mg (6.09%), Vitamin B6: 0.11mg (5.58%), Vitamin E: 0.64mg (4.29%), Potassium: 138.31mg (3.95%), Vitamin B5: 0.33mg (3.31%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.18mg (1.43%)