



Southwest Cheese Bread

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slices bread french (1/)
- ☐ 0.3 cup salad dressing
- ☐ 2 tablespoons bell pepper finely chopped
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 2 ounces colby cheese shredded

Equipment

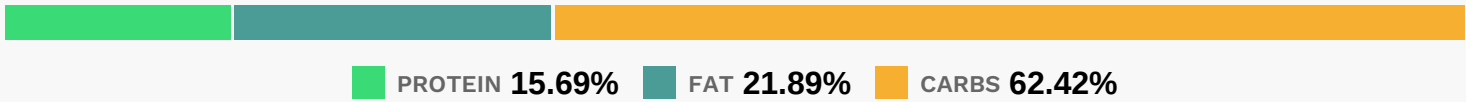
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 400°.
- ☐ Mix all ingredients except bread and cheese.
- ☐ Spread on one side of each bread slice.
- ☐ Sprinkle with cheese.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 5 to 6 minutes or until cheese is melted and bread is slightly toasted on bottom.

Nutrition Facts



Properties

Glycemic Index:22.06, Glycemic Load:25.66, Inflammation Score:-4, Nutrition Score:9.2913043615611%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 220.72kcal (11.04%), Fat: 5.38g (8.28%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 33.04g (12.02%), Sugar: 3.92g (4.35%), Cholesterol: 6.73mg (2.24%), Sodium: 501.35mg (21.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.36%), Vitamin B1: 0.46mg (30.6%), Selenium: 19.49µg (27.84%), Folate: 82.03µg (20.51%), Vitamin B2: 0.3mg (17.83%), Manganese: 0.34mg (17.18%), Vitamin B3: 3.13mg (15.66%), Iron: 2.61mg (14.49%), Phosphorus: 101.86mg (10.19%), Calcium: 84.03mg (8.4%), Vitamin K: 8.01µg (7.63%), Zinc: 0.9mg (6%), Fiber: 1.5g (5.98%), Magnesium: 23.27mg (5.82%), Copper: 0.1mg (5.17%), Vitamin B6: 0.09mg (4.32%), Vitamin C: 3.29mg (3.99%), Vitamin A: 161.69IU (3.23%), Potassium: 99.16mg (2.83%), Vitamin E: 0.36mg (2.4%), Vitamin B5: 0.24mg (2.37%)