



Spicy Tomato-Cheese Bread

READY IN



15 min.

SERVINGS



15

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz bread french cut into 20 slices
- 0.5 tsp ground pepper red
- 1.5 cups milk sharp cheddar cheese shredded 2% kraft
- 2 tomatoes chopped
- 4 slices oscar mayer turkey bacon crumbled cooked

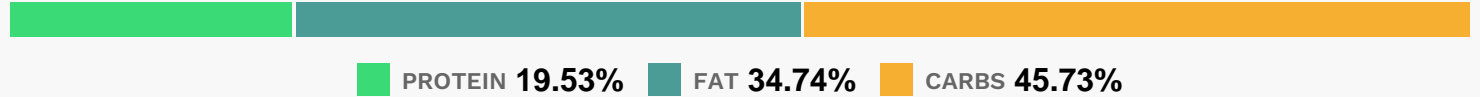
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Mix cheese, turkey bacon and pepper.
- Place bread slices on baking sheet. Top with tomatoes; sprinkle with cheese mixture.
- Bake 10 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:12.35, Inflammation Score:-4, Nutrition Score:6.0721739141837%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 145.76kcal (7.29%), Fat: 5.66g (8.71%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 15.88g (5.77%), Sugar: 1.87g (2.08%), Cholesterol: 14.96mg (4.99%), Sodium: 342.09mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.31%), Selenium: 12.81µg (18.31%), Vitamin B1: 0.23mg (15.1%), Vitamin B2: 0.19mg (11.27%), Folate: 42.43µg (10.61%), Phosphorus: 104.79mg (10.48%), Calcium: 97.68mg (9.77%), Manganese: 0.18mg (8.97%), Vitamin B3: 1.7mg (8.49%), Iron: 1.33mg (7.38%), Zinc: 0.87mg (5.81%), Vitamin A: 274.8IU (5.5%), Magnesium: 15.71mg (3.93%), Fiber: 0.88g (3.51%), Vitamin B6: 0.07mg (3.33%), Copper: 0.07mg (3.26%), Potassium: 98.9mg (2.83%), Vitamin C: 2.29mg (2.78%), Vitamin B12: 0.13µg (2.22%), Vitamin K: 2.09µg (1.99%), Vitamin E: 0.29mg (1.95%), Vitamin B5: 0.16mg (1.62%)