



## Stuffed French Bread

READY IN



195 min.

SERVINGS



12

CALORIES



371 kcal

### Ingredients

- 2.3 ounce beef dried chopped
- 16 ounce cream cheese room temperature
- 1 large loaf bread french
- 0.3 cup parsley leaves fresh chopped
- 0.7 ounce salad dressing mix italian
- 1 cup mayonnaise
- 1 bell pepper diced red seeded

### Equipment

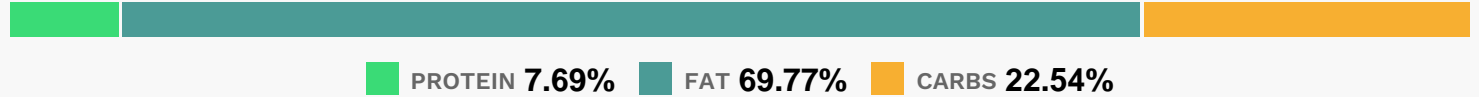
- bowl

plastic wrap

## Directions

Slice the loaf lengthwise, and remove the excess dough from the inside to make room for the stuffing. In a medium size bowl, combine all of the remaining ingredients and mix well. Fill the hollowed bread with the mixture. Reassemble the loaf, wrap in plastic wrap, and refrigerate until ready to serve, approximately 3 hours. To serve, slice the loaf into 1-inch sections.

## Nutrition Facts



## Properties

Glycemic Index:18.46, Glycemic Load:14.09, Inflammation Score:-7, Nutrition Score:10.673043532216%

## Flavonoids

Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 370.51kcal (18.53%), Fat: 28.88g (44.43%), Saturated Fat: 10.41g (65.07%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 19.99g (7.27%), Sugar: 3.5g (3.89%), Cholesterol: 49.79mg (16.6%), Sodium: 616.03mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.33%), Vitamin K: 59.37µg (56.54%), Selenium: 14.02µg (20.03%), Vitamin A: 970.67IU (19.41%), Vitamin C: 14.91mg (18.07%), Vitamin B1: 0.26mg (17.09%), Vitamin B2: 0.25mg (14.75%), Folate: 52.8µg (13.2%), Vitamin B3: 1.98mg (9.92%), Manganese: 0.19mg (9.72%), Phosphorus: 91.31mg (9.13%), Iron: 1.63mg (9.07%), Vitamin E: 1.2mg (7.99%), Calcium: 59.44mg (5.94%), Zinc: 0.83mg (5.52%), Vitamin B6: 0.11mg (5.29%), Magnesium: 17.18mg (4.3%), Vitamin B5: 0.42mg (4.24%), Fiber: 1g (3.99%), Potassium: 137.14mg (3.92%), Vitamin B12: 0.22µg (3.66%), Copper: 0.07mg (3.42%)