



# Swiss-Onion Bread Ring

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



234 kcal

## Ingredients

- 6 tablespoons butter melted
- 22 ounces bread refrigerated french
- 0.8 cup spring onion sliced
- 2.5 teaspoons poppy seeds divided
- 4 ounces swiss cheese shredded

## Equipment

- frying pan
- oven
- wire rack

## Directions

- Sprinkle 1/2 teaspoon poppy seeds in a greased 10-in. fluted tube pan.
- Cut the dough into forty 1-in. pieces; place half in prepared pan.
- Sprinkle with half of the cheese and onions. Top with 1 teaspoon poppy seeds; drizzle with half of the butter. Repeat layers.
- Bake at 375° for 30–35 minutes or until golden brown. Immediately invert onto a wire rack.
- Serve warm.

## Nutrition Facts

 PROTEIN **14.32%**  FAT **38.65%**  CARBS **47.03%**

## Properties

Glycemic Index:16.21, Glycemic Load:20.93, Inflammation Score:-5, Nutrition Score:9.0956521500712%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 233.98kcal (11.7%), Fat: 10.14g (15.59%), Saturated Fat: 5.62g (35.14%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 26.32g (9.57%), Sugar: 2.57g (2.86%), Cholesterol: 23.84mg (7.95%), Sodium: 376.54mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.9%), Selenium: 17.9µg (25.57%), Vitamin B1: 0.38mg (25.28%), Folate: 69.5µg (17.38%), Manganese: 0.32mg (16.24%), Vitamin B2: 0.26mg (15.21%), Vitamin K: 13.92µg (13.26%), Vitamin B3: 2.55mg (12.76%), Calcium: 126.3mg (12.63%), Iron: 2.2mg (12.22%), Phosphorus: 118.24mg (11.82%), Zinc: 1.03mg (6.89%), Vitamin A: 315.68IU (6.31%), Magnesium: 23.31mg (5.83%), Fiber: 1.43g (5.71%), Vitamin B12: 0.3µg (4.95%), Copper: 0.1mg (4.94%), Vitamin B6: 0.07mg (3.39%), Potassium: 90.94mg (2.6%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.23mg (2.29%), Vitamin C: 1.18mg (1.43%)