



Swiss Onion Loaf



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons dehydrated onion dried minced
- ☐ 4 ounces swiss cheese shredded
- ☐ 16 ounces frangelico hot
- ☐ 16 ounces frangelico hot

Equipment

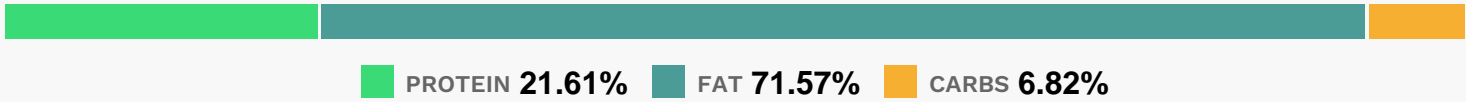
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack

Directions

- ☐ In a large bowl, combine cheese and minced onion with the contents of the roll mix and yeast packets. Prepare mix according to package directions.
- ☐ Turn onto a floured surface; knead until smooth and elastic, about 6–8 minutes. Shape into a 5-in. ball and place on a greased baking sheet. Cover and let rise in a warm place for 30 minutes or until doubled.
- ☐ Bake at 375° for 25–30 minutes or until golden brown.
- ☐ Brush with butter.
- ☐ Remove to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.2121739123503%

Nutrients (% of daily need)

Calories: 36.31kcal (1.82%), Fat: 2.91g (4.48%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.23g (0.26%), Cholesterol: 8.47mg (2.82%), Sodium: 18.87mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Calcium: 64.89mg (6.49%), Phosphorus: 42.79mg (4.28%), Vitamin B12: 0.22µg (3.59%), Selenium: 2.17µg (3.1%), Zinc: 0.32mg (2.15%), Vitamin A: 80.8IU (1.62%), Vitamin B2: 0.02mg (1.32%)