

Zippy French Bread

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



224 kcal

Ingredients

- 0.3 cup butter softened
- 2 tablespoons chives minced
- 6 ounces cream cheese softened
- 1 pound bread french
- 2 teaspoons horseradish prepared

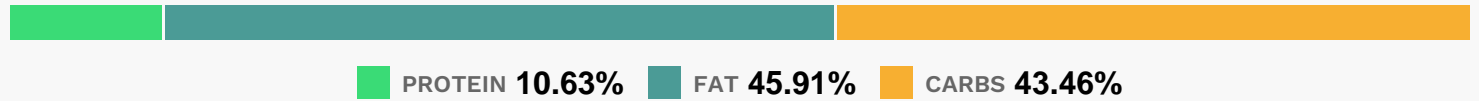
Equipment

- bowl
- oven
- aluminum foil

Directions

- In a small bowl, beat the cream cheese, butter, chives and horseradish until combined.
- Cut the bread into 1-in. slices to within 1/2 in. of bottom.
- Spread cream cheese mixture between slices.
- Wrap the loaf in a large piece of heavy-duty foil (about 28 in. x 18 in.).
- Bake at 400° for 14-17 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:18.44, Inflammation Score:-4, Nutrition Score:6.6643478559411%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 224.26kcal (11.21%), Fat: 11.56g (17.79%), Saturated Fat: 6.59g (41.22%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 23.58g (8.57%), Sugar: 2.83g (3.14%), Cholesterol: 29.38mg (9.79%), Sodium: 367.18mg (15.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.05%), Vitamin B1: 0.33mg (21.79%), Selenium: 14.53µg (20.75%), Folate: 58.69µg (14.67%), Vitamin B2: 0.24mg (13.86%), Manganese: 0.24mg (12.15%), Vitamin B3: 2.21mg (11.06%), Iron: 1.81mg (10.04%), Vitamin A: 396.4IU (7.93%), Phosphorus: 67.85mg (6.78%), Calcium: 42.56mg (4.26%), Fiber: 1.05g (4.18%), Magnesium: 16.68mg (4.17%), Zinc: 0.57mg (3.82%), Copper: 0.07mg (3.68%), Vitamin B6: 0.06mg (2.99%), Vitamin B5: 0.26mg (2.58%), Vitamin E: 0.37mg (2.5%), Potassium: 81.12mg (2.32%), Vitamin K: 2.36µg (2.25%)