

Baked Baguette with Lemon-Garlic Butter

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

Ingredients

- ☐ 0.5 cup butter room temperature
- ☐ 1 slices bread
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic clove pressed
- ☐ 1 teaspoon lemon zest grated

Equipment

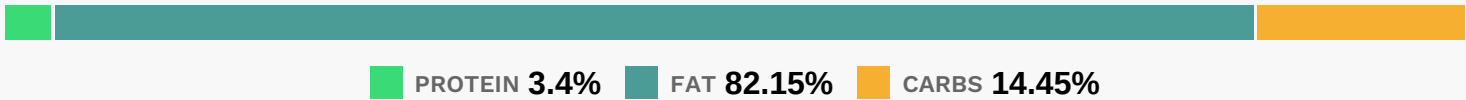
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Mix butter, chopped parsley, garlic and grated lemon peel in small bowl to blend. Season lemon-garlic butter to taste with salt and pepper.
- ☐ Spread evenly over 1 side of each bread slice. Reassemble bread slices; wrap in foil.
- ☐ Place on baking sheet. (Can be made 8 hours ahead; chill.)
- ☐ Preheat oven to 300°F.
- ☐ Bake bread until heated through, about 20 minutes; serve bread warm.

Nutrition Facts



Properties

Glycemic Index:32.08, Glycemic Load:4.43, Inflammation Score:-4, Nutrition Score:3.4639130701189%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 167.52kcal (8.38%), Fat: 15.62g (24.03%), Saturated Fat: 9.78g (61.14%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.84g (2.12%), Sugar: 0.54g (0.6%), Cholesterol: 40.67mg (13.56%), Sodium: 186.87mg (8.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin K: 23.29µg (22.18%), Vitamin A: 585.35IU (11.71%), Vitamin B1: 0.08mg (5.4%), Selenium: 3.46µg (4.94%), Manganese: 0.08mg (4.16%), Folate: 15.8µg (3.95%), Vitamin B2: 0.06mg (3.25%), Vitamin C: 2.67mg (3.24%), Vitamin E: 0.47mg (3.16%), Iron: 0.53mg (2.95%), Vitamin B3: 0.55mg (2.76%), Phosphorus: 18.85mg (1.88%), Vitamin B6: 0.03mg (1.62%), Calcium: 15.09mg (1.51%), Fiber: 0.35g (1.38%), Magnesium: 4.88mg (1.22%), Copper: 0.02mg (1.15%), Zinc: 0.16mg (1.07%)