



Basil-Garlic Bread

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



340 kcal

Ingredients

- ☐ 6 ounce bread loaf italian
- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon basil dried
- ☐ 0.3 teaspoon garlic powder

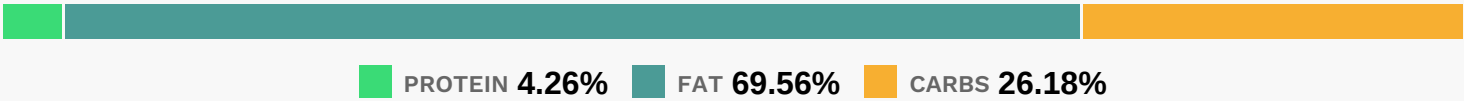
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together 1/4 cup melted butter, 1 teaspoon dried basil, and 1/4 teaspoon garlic powder.
- ☐ Cut a 6-ounce Italian bread loaf in half horizontally; brush cut sides evenly with butter mixture. Wrap loaf in aluminum foil, and bake at 350 for 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.7265217684047%

Nutrients (% of daily need)

Calories: 340.21kcal (17.01%), Fat: 26.53g (40.81%), Saturated Fat: 15.46g (96.64%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 20.86g (7.59%), Sugar: 13.16g (14.62%), Cholesterol: 30.5mg (10.17%), Sodium: 249.29mg (10.84%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.65g (7.31%), Vitamin B3: 1.93mg (9.67%), Vitamin A: 356.41IU (7.13%), Folate: 28.08µg (7.02%), Fiber: 1.6g (6.4%), Iron: 1.13mg (6.28%), Vitamin K: 5.28µg (5.03%), Vitamin B1: 0.06mg (4.08%), Potassium: 104.49mg (2.99%), Vitamin B2: 0.05mg (2.73%), Vitamin E: 0.36mg (2.38%), Magnesium: 9.43mg (2.36%), Phosphorus: 20.6mg (2.06%), Manganese: 0.03mg (1.32%)