



## Buttery Garlic Bread

READY IN



45 min.

SERVINGS



8

CALORIES



435 kcal

SIDE DISH

### Ingredients

- 16 ounce bread loaf italian
- 0.5 cup butter
- 4 garlic cloves pressed
- 1.5 teaspoons penzey's southwest seasoning italian
- 0.3 cup parmesan cheese freshly grated
- 0.5 teaspoon salt

### Equipment

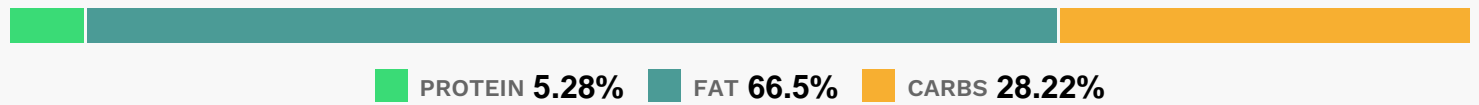
- frying pan

baking sheet

## Directions

- Melt butter in a skillet over medium-high heat; add garlic and salt, and saut 2 minutes.
- Cut bread into 1 1/2-inch slices, and dip into butter mixture, coating both sides.
- Place on a baking sheet.
- Stir together Italian seasoning and Parmesan cheese; sprinkle on 1 side of each bread slice.
- Broil 5 inches from heat 4 minutes or until cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:4.38, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:3.9482608686971%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 434.77kcal (21.74%), Fat: 32.33g (49.74%), Saturated Fat: 13.75g (85.92%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 28.69g (10.43%), Sugar: 17.55g (19.5%), Cholesterol: 2.72mg (0.91%), Sodium: 544.52mg (23.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Vitamin B3: 2.59mg (12.93%), Vitamin A: 541.03IU (10.82%), Folate: 36.98µg (9.25%), Fiber: 2.18g (8.7%), Iron: 1.37mg (7.61%), Vitamin B1: 0.09mg (5.69%), Phosphorus: 46.9mg (4.69%), Vitamin B2: 0.07mg (4.16%), Potassium: 145.52mg (4.16%), Calcium: 40.67mg (4.07%), Vitamin E: 0.53mg (3.5%), Magnesium: 12.55mg (3.14%), Manganese: 0.05mg (2.34%), Vitamin K: 2.41µg (2.3%), Selenium: 1.32µg (1.89%), Zinc: 0.28mg (1.84%), Vitamin B6: 0.03mg (1.32%)