



Buttery Herb Bread

READY IN



10 min.

SERVINGS



8

CALORIES



14 kcal

Ingredients

- 4 inch diagonally bread french cut
- 1 tablespoon basil fresh chopped
- 2 garlic cloves minced
- 1 tablespoon oregano fresh chopped
- 2 tablespoons parmesan cheese fresh shredded
- 2 tablespoons yogurt-based spread (such as Brummel & Brown)

Equipment

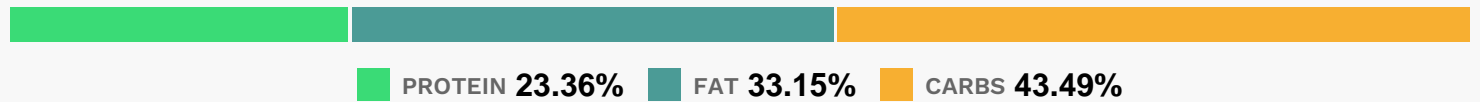
- bowl
- baking sheet

broiler

Directions

- Preheat broiler.
- Combine yogurt-based spread and next 3 ingredients in a small bowl.
- Spread garlic mixture evenly over each bread slice.
- Place bread slices on a baking sheet; broil 2 minutes or until edges begin to brown.
- Sprinkle with cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:1.1773912926083%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 14.24kcal (0.71%), Fat: 0.55g (0.84%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.34g (0.37%), Cholesterol: 1.5mg (0.5%), Sodium: 30.26mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin K: 4.98µg (4.74%), Calcium: 33.29mg (3.33%), Manganese: 0.05mg (2.69%), Iron: 0.31mg (1.74%), Phosphorus: 16.97mg (1.7%), Selenium: 0.89µg (1.27%), Fiber: 0.31g (1.25%), Vitamin B2: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.02%)