



Cheesy Garlic Bread

 Vegetarian

READY IN



17 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 oz bread loaf french
- ☐ 0.3 cup butter softened
- ☐ 3 garlic cloves peeled
- ☐ 4 oz six-cheese blend shredded italian
- ☐ 1 teaspoon italian-herb seasoning salt-free
- ☐ 1 pinch salt

Equipment

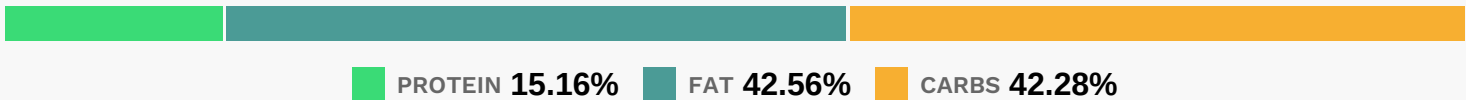
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ cutting board

Directions

- ☐ Preheat oven to 35
- ☐ Cut bread diagonally into slices.
- ☐ Place peeled garlic cloves on cutting board with salt. Smash garlic and salt together using flat side of a knife to make a paste.
- ☐ Stir together garlic paste, cheese, butter, and Italian-herb seasoning.
- ☐ Spread butter mixture on 1 side of each bread slice.
- ☐ Place bread on a baking sheet.
- ☐ Bake at 350 for 5 to 7 minutes or until golden and cheese is melted.
- ☐ *1 1/2 tsp. jarred minced garlic may be substituted. Omit salt, and stir minced garlic together with cheese, butter, and seasoning in Step
- ☐ Note: For testing purposes only, we used Mrs. Dash Italian Medley Seasoning Blend.

Nutrition Facts



Properties

Glycemic Index:27.58, Glycemic Load:22.83, Inflammation Score:-4, Nutrition Score:7.8465217235296%

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: 285.82kcal (14.29%), Fat: 13.79g (21.21%), Saturated Fat: 5.92g (37.03%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 29.4g (10.69%), Sugar: 2.65g (2.95%), Cholesterol: 24.12mg (8.04%), Sodium: 444.85mg (19.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.11%), Vitamin B1: 0.41mg (27.11%), Selenium: 16.54µg (23.63%), Folate: 70.86µg (17.71%), Manganese: 0.34mg (16.94%), Vitamin B2: 0.25mg (14.63%), Vitamin B3: 2.76mg (13.81%), Iron: 2.37mg (13.15%), Calcium: 77.6mg (7.76%), Phosphorus: 64.59mg (6.46%), Fiber: 1.42g

(5.68%), Magnesium: 19.61mg (4.9%), Vitamin A: 242.17IU (4.84%), Copper: 0.09mg (4.64%), Zinc: 0.62mg (4.16%), Vitamin B6: 0.08mg (4.15%), Vitamin K: 3.16µg (3.01%), Vitamin E: 0.4mg (2.67%), Potassium: 78.82mg (2.25%), Vitamin B5: 0.21mg (2.12%)