



Cheesy Garlic Bread

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup olive oil with olive oil & sea salt, softened lakes®
- 3 cloves garlic finely chopped
- 1 teaspoon oregano dried
- 1 serving bell pepper to taste
- 8 oz mozzarella cheese shredded
- 1 lb bread french

Equipment

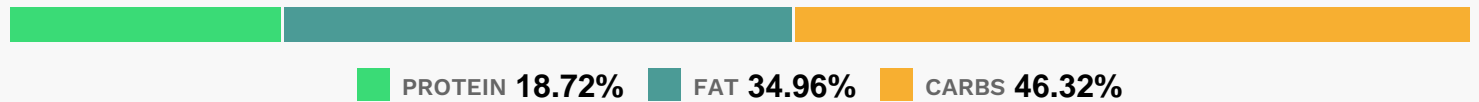
- bowl

- oven
- aluminum foil

Directions

- Heat oven to 400°F. In medium bowl, mix butter, garlic, oregano and pepper until thoroughly combined. Stir in cheese.
- Cut loaf of bread in half horizontally.
- Spread butter mixture over bottom half of bread; cover with top half. Wrap loaf tightly in foil.
- Bake 20 minutes or until cheese is melted and bread is warmed through.
- Cut into slices to serve.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:23.08, Inflammation Score:-7, Nutrition Score:11.378260923469%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 267.9kcal (13.39%), Fat: 10.45g (16.08%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 29.58g (10.76%), Sugar: 3.32g (3.69%), Cholesterol: 22.4mg (7.47%), Sodium: 519.76mg (22.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.19%), Selenium: 21.22µg (30.31%), Vitamin B1: 0.42mg (27.92%), Vitamin B2: 0.33mg (19.58%), Folate: 76.63µg (19.16%), Calcium: 179.36mg (17.94%), Manganese: 0.35mg (17.37%), Phosphorus: 164.4mg (16.44%), Vitamin C: 12.28mg (14.88%), Vitamin B3: 2.87mg (14.37%), Iron: 2.51mg (13.93%), Vitamin B12: 0.65µg (10.77%), Vitamin A: 487.57IU (9.75%), Zinc: 1.46mg (9.74%), Magnesium: 25.89mg (6.47%), Fiber: 1.57g (6.29%), Vitamin B6: 0.11mg (5.74%), Vitamin E: 0.76mg (5.04%), Copper: 0.1mg (4.79%), Vitamin K: 4.7µg (4.48%), Potassium: 115.22mg (3.29%), Vitamin B5: 0.27mg (2.68%)