



Cheesy Garlic Bread

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

Equipment

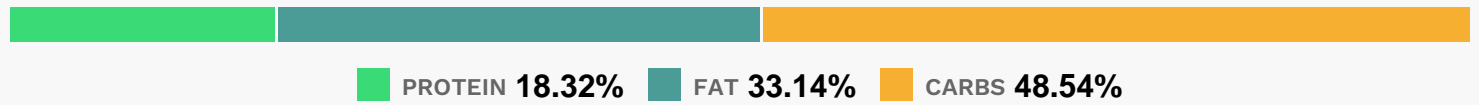
- bowl

- oven
- aluminum foil

Directions

- Heat oven to 400F. 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:23.9, Inflammation Score:-9, Nutrition Score:19.385217303815%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 284.85kcal (14.24%), Fat: 10.65g (16.38%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 32.14g (11.69%), Sugar: 6.06g (6.74%), Cholesterol: 22.4mg (7.47%), Sodium: 522.37mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.48%), Vitamin C: 95.72mg (116.02%), Vitamin A: 2528.59IU (50.57%), Selenium: 21.28µg (30.4%), Vitamin B1: 0.45mg (30.27%), Folate: 106.62µg (26.66%), Vitamin B2: 0.39mg (22.84%), Manganese: 0.42mg (21.02%), Calcium: 183.92mg (18.39%), Phosphorus: 181.35mg (18.14%), Vitamin B3: 3.51mg (17.56%), Iron: 2.79mg (15.49%), Vitamin B6: 0.3mg (15.23%), Vitamin E: 1.79mg (11.9%), Fiber: 2.94g (11.77%), Zinc: 1.62mg (10.82%), Vitamin B12: 0.65µg (10.77%), Magnesium: 33.71mg (8.43%), Vitamin K: 7.9µg (7.52%), Potassium: 252.77mg (7.22%), Copper: 0.11mg (5.35%), Vitamin B5: 0.47mg (4.75%)