



Cheesy garlic bread wedges

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



1724 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 85 g butter room temperature
- ☐ 2 garlic clove finely chopped
- ☐ 175 g jarlsberg cheese grated
- ☐ 2 tbsp parsley chopped
- ☐ 0.3 tsp chilies dried crushed
- ☐ 1 country ham french

Equipment

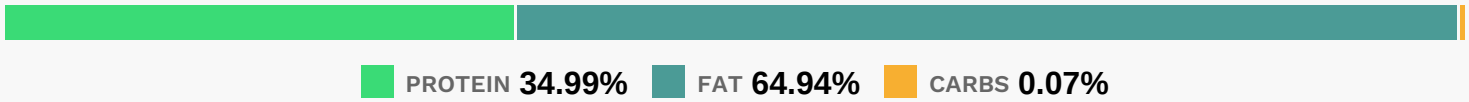
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to fan 170C/conventional 190C/ gas
- ☐ Beat the butter and garlic, then mix in the cheese, parsley and chillies.
- ☐ Cut the bread in half crossways through the centre.
- ☐ Spread the cheese mixture on the cut sides of both bread halves. Wrap each half loosely in foil and put on a baking sheet.
- ☐ Bake for 20 minutes, unwrap the foil and bake a further 10–15 minutes until starting to turn pale golden.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:44.746521503381%

Flavonoids

Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1724.16kcal (86.21%), Fat: 121.72g (187.27%), Saturated Fat: 46.11g (288.21%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.06g (0.06%), Cholesterol: 438.98mg (146.33%), Sodium: 8053.16mg (350.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 147.57g (295.14%), Vitamin B1: 4.01mg (267.24%), Selenium: 151.48µg (216.4%), Vitamin B3: 29.76mg (148.82%), Phosphorus: 1429.66mg (142.97%), Vitamin B6: 2.54mg (127.06%), Zinc: 15.49mg (103.24%), Vitamin B2: 1.48mg (86.95%), Vitamin B12: 4.28µg (71.31%), Potassium: 1915.8mg (54.74%), Iron: 5.86mg (32.53%), Magnesium: 127.34mg (31.84%), Vitamin D: 4.67µg (31.11%), Vitamin B5: 3.06mg (30.61%), Copper: 0.56mg (27.8%), Vitamin E: 2.57mg (17.15%), Calcium: 154.32mg (15.43%), Vitamin K: 11µg (10.48%), Vitamin A: 361.77IU (7.24%), Folate: 21.24µg (5.31%), Manganese: 0.1mg (5.18%), Vitamin C: 1.03mg (1.25%)