



Easy Cheesy Garlic Bread

READY IN



25 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter softened
- 1 teaspoon parsley dried
- 8 ounce bread french
- 2 tablespoons garlic powder
- 0.3 cup parmesan cheese grated

Equipment

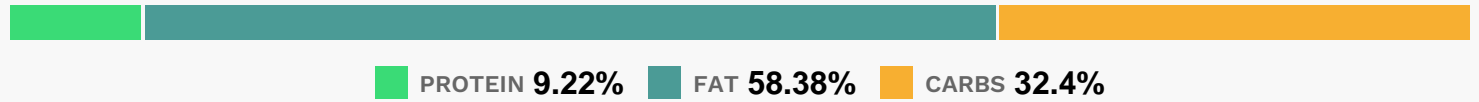
- bowl
- oven

aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cut bread into 1-inch thick slices, without cutting all the way through the loaf.
- Mix Parmesan cheese, butter, garlic powder, and parsley in a small bowl.
- Spread mixture between slices of bread and over the top of the loaf. Wrap loaf in aluminum foil, leaving the top partially uncovered.
- Bake in preheated oven until butter is melted and bread toasted, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:22.82, Inflammation Score:-6, Nutrition Score:9.9343479564009%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 406.07kcal (20.3%), Fat: 26.75g (41.15%), Saturated Fat: 16.19g (101.17%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 31.78g (11.56%), Sugar: 2.74g (3.05%), Cholesterol: 68.26mg (22.75%), Sodium: 672.13mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Selenium: 20.38µg (29.11%), Vitamin B1: 0.42mg (28.25%), Folate: 73.02µg (18.25%), Manganese: 0.35mg (17.29%), Vitamin B2: 0.29mg (16.87%), Vitamin A: 781.66IU (15.63%), Vitamin B3: 2.79mg (13.93%), Iron: 2.49mg (13.84%), Phosphorus: 135.85mg (13.58%), Calcium: 113.41mg (11.34%), Zinc: 1.1mg (7.31%), Vitamin B6: 0.13mg (6.73%), Fiber: 1.61g (6.46%), Magnesium: 24.81mg (6.2%), Vitamin E: 0.85mg (5.66%), Copper: 0.11mg (5.55%), Potassium: 136.87mg (3.91%), Vitamin B5: 0.28mg (2.78%), Vitamin K: 2.88µg (2.74%), Vitamin B12: 0.16µg (2.68%)