



## Easy Garlic Rolls

 Vegetarian

READY IN



12 min.

SERVINGS



6

CALORIES



253 kcal

### Ingredients

- ☐ 0.5 cup butter
- ☐ 2 garlic clove minced
- ☐ 0.3 tsp seasoning dried italian
- ☐ 4 portugese rolls

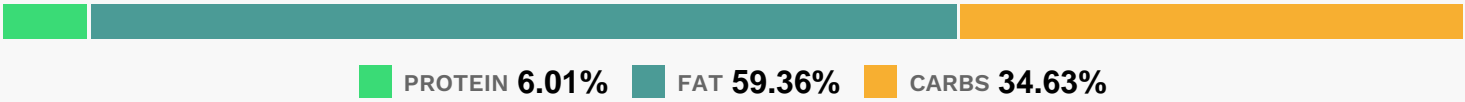
### Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

# Directions

- ☐ Preheat oven to 40
- ☐ Cut rolls in half horizontally. Melt butter in a small saucepan over medium-low heat.
- ☐ Add minced garlic and dried Italian seasoning, and cook, stirring constantly, 1 to 2 minutes or until fragrant.
- ☐ Brush butter mixture on cut sides of bread.
- ☐ Place bread, cut sides up, on a lightly greased baking sheet.
- ☐ Bake 7 to 8 minutes or until lightly toasted.
- ☐ Note: We used Chicago hard rolls from Publix. You could also use French bread rolls, a sliced French bread baguette, or any other small rolls from your grocery store.

# Nutrition Facts



# Properties

Glycemic Index:26.33, Glycemic Load:15.41, Inflammation Score:-2, Nutrition Score:2.7813042842824%

# Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 252.81kcal (12.64%), Fat: 16.82g (25.87%), Saturated Fat: 9.73g (60.78%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 21.31g (7.75%), Sugar: 2.91g (3.24%), Cholesterol: 40.67mg (13.56%), Sodium: 316.84mg (13.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Iron: 7.15mg (39.71%), Vitamin A: 474.09IU (9.48%), Fiber: 0.76g (3.05%), Vitamin E: 0.45mg (3.02%), Vitamin K: 1.81µg (1.72%), Calcium: 11.81mg (1.18%), Manganese: 0.02mg (1.02%)