



Focaccia Garlic Bread

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons tablespoon basil dried fresh
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons tablespoon oregano dried fresh
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1 pound pizza crust italian cheese-flavored (such as Boboli)

Equipment

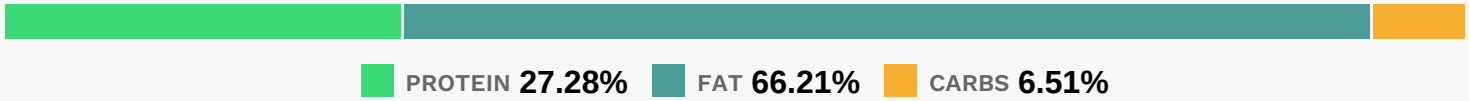
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place crust on a baking sheet coated with cooking spray; brush with olive oil.
- ☐ Sprinkle with the basil and oregano. Top with garlic and Parmesan.
- ☐ Bake at 400 for 12 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:2.0347826526217%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.33kcal (7.27%), Fat: 11.29g (17.36%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.08g (0.09%), Cholesterol: 9.17mg (3.06%), Sodium: 110.13mg (4.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.93%), Calcium: 125.64mg (12.56%), Vitamin K: 10.6µg (10.1%), Manganese: 0.08mg (3.99%), Iron: 0.51mg (2.85%), Vitamin E: 0.41mg (2.71%), Fiber: 0.55g (2.21%), Phosphorus: 19.55mg (1.95%), Vitamin A: 66.15IU (1.32%), Magnesium: 4.9mg (1.23%), Vitamin B6: 0.02mg (1.21%)