



Garlic and Herb Pull Apart Bread

READY IN



25 min.

SERVINGS



8

CALORIES



365 kcal

SIDE DISH

Ingredients

- ☐ 20 ounce biscuit dough refrigerated canned
- ☐ 0.5 cup butter melted
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons parsley dried
- ☐ 2 teaspoons rosemary dried crushed
- ☐ 7 cloves garlic crushed chopped

Equipment

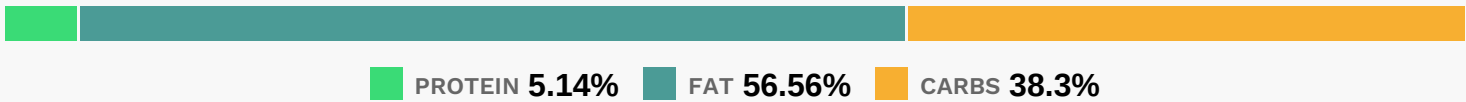
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a fluted tube pan (such as a Bundt® with cooking spray.
- ☐ In a bowl, mix together the melted butter, parsley, rosemary, basil, and garlic. Separate the biscuits, and dip each biscuit into the butter and herbs; place biscuits in a random pattern into the prepared pan. If there is any unused butter mixture, pour it over the biscuits.
- ☐ Bake in the preheated oven until the bread is browned and cooked through in the center, 15 to 20 minutes.
- ☐ Remove from oven, and invert the pan on a cutting board; the bread will fall out of the pan in one piece.
- ☐ Serve by pulling the bread apart into individual servings.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:22, Inflammation Score:-4, Nutrition Score:8.648695645125%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 365.06kcal (18.25%), Fat: 23.23g (35.74%), Saturated Fat: 9.07g (56.67%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 34.31g (12.48%), Sugar: 2.51g (2.79%), Cholesterol: 31.21mg (10.4%), Sodium: 759.62mg (33.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Phosphorus: 312.99mg (31.3%), Vitamin B1: 0.31mg (20.6%), Selenium: 13.85µg (19.79%), Manganese: 0.35mg (17.46%), Iron: 2.62mg (14.58%), Vitamin B2: 0.22mg (12.85%), Folate: 51.01µg (12.75%), Vitamin B3: 2.41mg (12.08%), Vitamin E: 1.3mg (8.64%), Vitamin K: 8.57µg (8.16%), Vitamin A: 359.33IU (7.19%), Potassium: 180.17mg (5.15%), Calcium: 49.09mg (4.91%),

Fiber: 1.09g (4.35%), Magnesium: 14.92mg (3.73%), Copper: 0.07mg (3.61%), Vitamin B6: 0.07mg (3.51%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.25mg (2.46%), Vitamin B12: 0.12µg (2.06%), Vitamin C: 0.87mg (1.05%)