



Garlic & basil ciabatta

READY IN



8 min.

SERVINGS



4

CALORIES



344 kcal

Ingredients

- ☐ 1 tbsp mayonnaise
- ☐ 2 tbsp butter softened
- ☐ 1 bunch basil
- ☐ 1 small ciabatta bread
- ☐ 2 tbsp parmesan grated (or vegetarian alternative)
- ☐ 2 garlic clove crushed

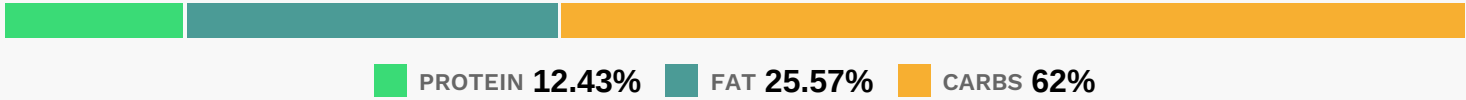
Equipment

- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat the grill to high. Beat together the mayonnaise, butter and garlic cloves until smooth. Chop basil, stir through and season with salt and pepper.
- ☐ Put the halves of the ciabatta, sliced lengthways, on a baking tray and spread with the butter.
- ☐ Sprinkle with grated Parmesan, then grill for 2–3 mins.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:1.9856521733429%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 344.49kcal (17.22%), Fat: 9.79g (15.07%), Saturated Fat: 4.92g (30.72%), Carbohydrates: 53.42g (17.81%), Net Carbohydrates: 52.12g (18.95%), Sugar: 0.06g (0.07%), Cholesterol: 18.41mg (6.14%), Sodium: 659.2mg (28.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.42%), Vitamin K: 14.49µg (13.8%), Vitamin A: 304.83IU (6.1%), Fiber: 1.3g (5.2%), Calcium: 37.83mg (3.78%), Manganese: 0.05mg (2.44%), Phosphorus: 23.19mg (2.32%), Vitamin E: 0.3mg (2%), Selenium: 0.93µg (1.33%), Vitamin B6: 0.02mg (1.22%)