



Garlic Bread

READY IN



8 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 loaf top split
- ☐ 4 servings parsley fresh chopped
- ☐ 4 cloves garlic crushed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons romano grated

Equipment

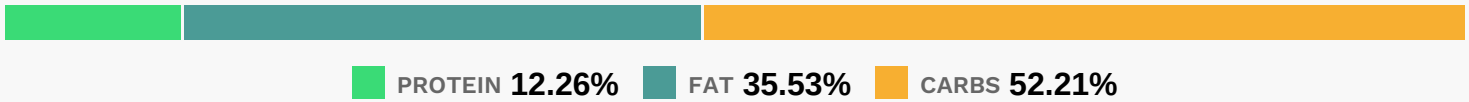
- ☐ sauce pan

- ☐ pot
- ☐ broiler
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine garlic, butter, and oil in a microwave safe dish or in a small saucepan.
- ☐ Heat garlic and butter and oil in microwave for 1 minute or in a small pot over moderate-low heat for 3 minutes.
- ☐ Toast split bread under broiler.
- ☐ Remove bread when it is toasted golden brown in color.
- ☐ Brush bread liberally with garlic oil.
- ☐ Sprinkle with cheese, if using, and parsley. If you added cheese, return to broiler and brown 30 seconds.
- ☐ Cut into chunks and serve.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:40.36, Inflammation Score:-7, Nutrition Score:17.386956746164%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 404.68kcal (20.23%), Fat: 16.11g (24.79%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 53.27g (17.76%), Net Carbohydrates: 50.88g (18.5%), Sugar: 4.72g (5.24%), Cholesterol: 17.6mg (5.87%), Sodium: 709.97mg (30.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.02%), Vitamin K: 71.12µg (67.73%), Vitamin B1: 0.72mg (48.08%), Selenium: 29.94µg (42.78%), Folate: 129.64µg (32.41%), Manganese: 0.58mg (29.07%), Vitamin B2: 0.45mg (26.41%), Vitamin B3: 4.91mg (24.53%), Iron: 4.28mg (23.78%), Phosphorus: 139.62mg (13.96%),

Calcium: 109.1mg (10.91%), Vitamin A: 541.45IU (10.83%), Fiber: 2.39g (9.58%), Vitamin E: 1.42mg (9.47%),
Magnesium: 36.54mg (9.14%), Copper: 0.17mg (8.41%), Zinc: 1.23mg (8.18%), Vitamin C: 6.26mg (7.58%), Vitamin B6:
0.15mg (7.57%), Potassium: 156.39mg (4.47%), Vitamin B5: 0.39mg (3.93%)