



Garlic Bread

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

626 kcal

SIDE DISH

Ingredients

- ☐ 1 stick butter softened
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 bulb garlic separated
- ☐ 1 loaf bread split italian with sesame seeds,
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 0.5 cup pecorino cheese grated

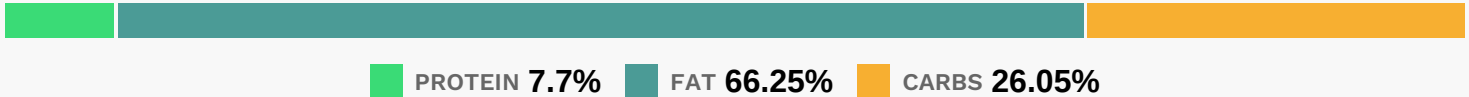
Equipment

- ☐ oven
- ☐ pot
- ☐ broiler

Directions

- ☐ Position a rack in the center of the oven and preheat the oven to 350 degrees F.
- ☐ Simmer the garlic cloves in the skins in a small pot of water over medium heat for about 20 minutes.
- ☐ Drain, then squeeze the garlic from the skins and mash into a paste with a fork.
- ☐ Mix the garlic into the softened butter.
- ☐ Meanwhile, toast the bread in the oven. Slather with the garlic butter and top with the cheeses and herbs. Turn on the broiler and place the bread back in the oven to brown the cheese.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:8.4495652939962%

Flavonoids

Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 625.71kcal (31.29%), Fat: 46.39g (71.37%), Saturated Fat: 26.99g (168.68%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 37.88g (13.77%), Sugar: 23.5g (26.11%), Cholesterol: 54.83mg (18.27%), Sodium: 635.83mg (27.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.14g (24.27%), Vitamin K: 25.59µg (24.37%), Calcium: 209.37mg (20.94%), Vitamin B3: 3.51mg (17.57%), Vitamin A: 799.2IU (15.98%), Phosphorus: 158.13mg (15.81%), Folate: 53.18µg (13.29%), Iron: 2.34mg (13.02%), Fiber: 3.17g (12.66%), Vitamin B2: 0.15mg (8.67%),

Vitamin B1: 0.12mg (7.79%), Vitamin C: 5.67mg (6.88%), Magnesium: 25.72mg (6.43%), Potassium: 210.99mg (6.03%), Selenium: 3.36µg (4.8%), Zinc: 0.68mg (4.56%), Vitamin B12: 0.23µg (3.76%), Vitamin E: 0.55mg (3.64%), Manganese: 0.07mg (3.53%), Vitamin B6: 0.03mg (1.71%), Copper: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.15%)