

# Garlic Bread

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

## Ingredients

- 2 medium garlic clove minced
- 1 pound bread french italian cut in half horizontally
- 0.5 teaspoon kosher salt
- 1 tablespoon parsley fresh italian finely chopped
- 8 tablespoons butter unsalted at room temperature (1 stick)

## Equipment

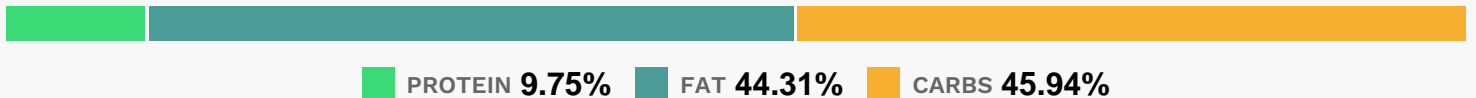
- bowl
- baking sheet

- oven
- aluminum foil
- spatula
- cutting board

## Directions

- Heat the oven to 425°F and arrange a rack in the middle. Line a baking sheet with foil; set aside.
- Place the butter, garlic, parsley, and salt in a medium bowl and mash with the back of a spoon or a rubber spatula until smooth and combined.
- Place the bread cut-side up on the baking sheet.
- Spread the butter mixture in an even layer on the cut sides of the bread.
- Bake until the bread is golden brown on top, about 15 minutes.
- Remove the bread to a cutting board.
- Let cool for 5 minutes before slicing.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:17.81, Glycemic Load:22.76, Inflammation Score:-5, Nutrition Score:7.9952174023442%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 255.9kcal (12.79%), Fat: 12.74g (19.59%), Saturated Fat: 7.49g (46.83%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 28.44g (10.34%), Sugar: 2.64g (2.93%), Cholesterol: 30.1mg (10.03%), Sodium: 488.62mg (21.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.61%), Vitamin B1: 0.41mg (27.01%), Selenium:

16.46µg (23.52%), Folate: 70.94µg (17.74%), Manganese: 0.31mg (15.57%), Vitamin B2: 0.25mg (14.6%), Vitamin B3: 2.75mg (13.75%), Iron: 2.26mg (12.58%), Vitamin K: 9.59µg (9.13%), Vitamin A: 392.05IU (7.84%), Phosphorus: 64.33mg (6.43%), Fiber: 1.28g (5.12%), Magnesium: 18.86mg (4.72%), Copper: 0.09mg (4.58%), Zinc: 0.62mg (4.11%), Vitamin B6: 0.07mg (3.54%), Calcium: 34.98mg (3.5%), Vitamin E: 0.45mg (2.99%), Potassium: 75.51mg (2.16%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.21µg (1.4%), Vitamin C: 0.9mg (1.09%)