



## Garlic Bread

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

## Ingredients

- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 3.5 inch bread crumbs italian
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup butter unsalted softened

## Equipment

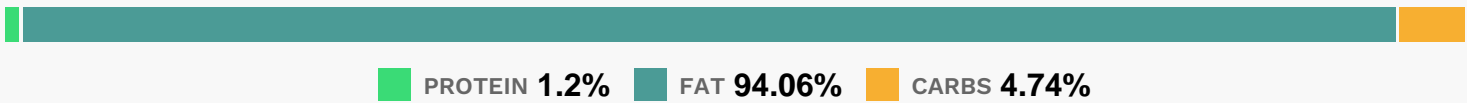
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ aluminum foil
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Mince and mash garlic to a paste with a rounded 1/4 teaspoon salt using a heavy knife. Stir together butter, oil, and garlic paste in a bowl until smooth, then stir in parsley.
- ☐ Without cutting completely through bottom, cut bread diagonally into 1-inch-thick slices with a serrated knife, then spread garlic butter between slices.
- ☐ Wrap loaf in foil and bake in middle of oven 15 minutes. Open foil and bake 5 minutes more.
- ☐ ·Bread can be spread with garlic butter 8 hours ahead and chilled, wrapped in foil.
- ☐ Let stand at room temperature 30 minutes before baking:For a brighter flavor, you can substitute 1 tablespoon finely chopped fresh basil for 1 tablespoon of parsley.

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:1.973043449547%

## Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 98.68kcal (4.93%), Fat: 10.54g (16.22%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.48g (0.54%), Cholesterol: 20.34mg (6.78%), Sodium: 7.5mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin K: 23.95µg (22.81%), Vitamin A: 348.77IU (6.98%), Vitamin E: 0.57mg (3.77%), Vitamin C: 2.09mg (2.53%)