



Garlic Bread

READY IN



30 min.

SERVINGS



6

CALORIES



525 kcal

SIDE DISH

Ingredients

- ☐ 1 loaf bread crumbs italian (15") (3 1/2" wide)
- ☐ 2 tablespoons flat parsley finely chopped
- ☐ 2 large garlic clove finely chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 4 tablespoons parmesan grated
- ☐ 0.3 cup butter unsalted softened well

Equipment

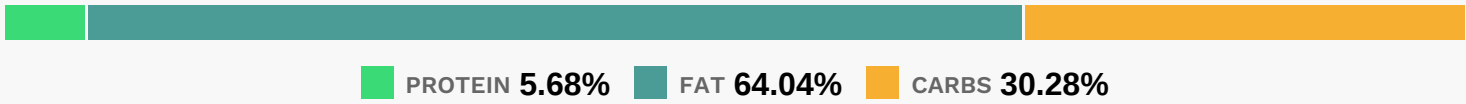
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ 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 combined well; stir in parsley.
- ☐ Halve loaf horizontally and divide butter mixture between halves, spreading it evenly.
- ☐ Divide cheese between halves and spread it in an even layer.
- ☐ Put halves, cheese side up, on a large baking sheet. Cover the bread with a large piece of foil, tenting it slightly on the top and tucking it under the bread.
- ☐ Bake 15 minutes.
- ☐ Remove foil and turn oven to broil. Broil bread until golden, 1–3 minutes.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:5.4843478332395%

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: 524.77kcal (26.24%), Fat: 37.53g (57.74%), Saturated Fat: 20.23g (126.41%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 37.23g (13.54%), Sugar: 23.38g (25.98%), Cholesterol: 22.6mg (7.53%), Sodium: 335.51mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.98%), Vitamin K: 24.01µg (22.86%), Vitamin B3: 3.43mg (17.17%), Folate: 50.14µg (12.53%), Fiber: 2.71g (10.83%), Iron: 1.73mg (9.6%), Vitamin A: 374.81IU

(7.5%), Vitamin B1: 0.11mg (7.37%), Phosphorus: 55.64mg (5.56%), Potassium: 180.59mg (5.16%), Vitamin B2: 0.08mg (4.98%), Calcium: 45.41mg (4.54%), Magnesium: 15.41mg (3.85%), Vitamin E: 0.57mg (3.82%), Vitamin C: 2.09mg (2.53%), Zinc: 0.28mg (1.85%), Selenium: 0.99µg (1.41%), Vitamin D: 0.16µg (1.06%)