



Garlic Bread Fantastique

READY IN



15 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 0.5 cup butter softened
- 1 baguette french halved lengthwise
- 3 cloves garlic chopped
- 2 tablespoons mayonnaise
- 2 teaspoons oregano dried
- 2 tablespoons parmesan cheese grated to taste
- 0.3 teaspoon sage
- 0.5 teaspoon salt

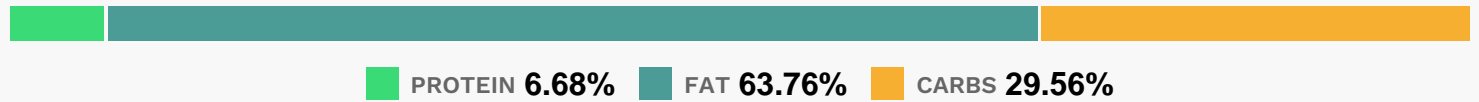
Equipment

- bowl
- oven

Directions

- Preheat oven to broil.
- In a medium bowl combine butter, mayonnaise, sage, garlic, oregano, salt and pepper.
- Spread mixture evenly on bread and sprinkle with Parmesan cheese.
- Place bread under broil for 5 minutes, or until lightly toasted.

Nutrition Facts



Properties

Glycemic Index:39.79, Glycemic Load:13.94, Inflammation Score:-7, Nutrition Score:7.0978261047731%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 286.84kcal (14.34%), Fat: 20.48g (31.51%), Saturated Fat: 10.77g (67.32%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 20.13g (7.32%), Sugar: 2.04g (2.26%), Cholesterol: 44.08mg (14.69%), Sodium: 632.18mg (27.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin B1: 0.25mg (16.6%), Copper: 0.32mg (15.78%), Manganese: 0.28mg (14.17%), Vitamin K: 14.65µg (13.95%), Selenium: 8.3µg (11.85%), Folate: 47.14µg (11.78%), Vitamin A: 502.56IU (10.05%), Iron: 1.76mg (9.76%), Vitamin B3: 1.94mg (9.72%), Vitamin B2: 0.15mg (8.96%), Calcium: 78.16mg (7.82%), Phosphorus: 59.25mg (5.92%), Vitamin E: 0.85mg (5.64%), Fiber: 1.24g (4.95%), Magnesium: 14.45mg (3.61%), Vitamin B6: 0.07mg (3.58%), Zinc: 0.46mg (3.1%), Potassium: 77.23mg (2.21%), Vitamin B5: 0.21mg (2.09%)