



Garlic Bread "Fries" with Marinara "Ketchup"

READY IN



20 min.

SERVINGS



20

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 1 large crusty baguette split halved (large)
- ☐ 0.5 cup flat parsley finely chopped
- ☐ 3 cloves garlic minced (large)
- ☐ 20 servings tomatoes for serving
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup pecorino cheese freshly grated
- ☐ 4 tablespoons butter unsalted

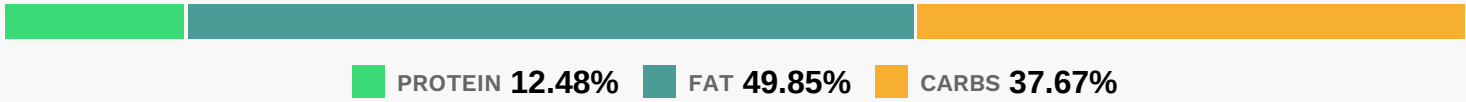
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven to 45
- ☐ In a medium skillet, melt the butter in the olive oil.
- ☐ Add the garlic and cook over moderate heat for 1 minute.
- ☐ Remove from the heat and add the parsley.
- ☐ Place the bread on a baking sheet, cut sides up, and spoon the garlic butter on top.
- ☐ Sprinkle with the cheese and bake in the middle of the oven for 10 minutes. Light the broiler and broil for 1 minute, just until golden.
- ☐ Cut the bread into 1/2-inch "fries" and serve in paper cones, with the marinara on the side.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:2.68, Inflammation Score:-6, Nutrition Score:6.9569564669029%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg 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: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 73.79kcal (3.69%), Fat: 4.45g (6.84%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4.47g (4.97%), Cholesterol: 8.62mg (2.87%), Sodium: 621.17mg (27.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin K: 28.98µg (27.6%), Vitamin A: 737.17IU (14.74%), Vitamin E: 2.01mg (13.37%), Vitamin C: 10.71mg (12.98%), Potassium: 378.63mg (10.82%), Fiber: 1.93g (7.71%), Iron: 1.35mg (7.52%), Manganese: 0.15mg (7.43%), Copper: 0.15mg (7.37%), Vitamin B6: 0.13mg (6.54%), Vitamin B3: 1.31mg (6.54%), Vitamin B2: 0.1mg (5.68%), Phosphorus: 55.73mg (5.57%), Magnesium: 20.71mg (5.18%),

Calcium: 48.89mg (4.89%), Vitamin B5: 0.41mg (4.07%), Folate: 15.18µg (3.8%), Vitamin B1: 0.04mg (2.76%), Zinc: 0.37mg (2.46%), Selenium: 1.45µg (2.07%)