



## Garlic Bread in a Bag

READY IN



45 min.

SERVINGS



4

CALORIES



694 kcal

SIDE DISH

### Ingredients

- 1 large garlic clove minced
- 1 loaf bread italian halved lengthwise
- 2 tablespoons parmesan cheese freshly grated
- 2 tablespoons butter salted softened

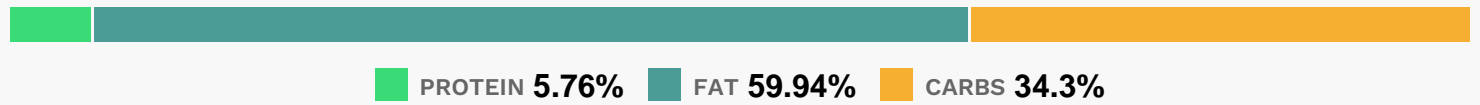
### Equipment

- bowl
- oven

## Directions

- Preheat the oven to 45
- In a small bowl, blend the garlic with the butter.
- Spread each bread half with 1 tablespoon of the garlic butter and sprinkle with 1 tablespoon of the Parmesan. Sandwich the bread halves together and put the loaf in a paper bag. Fold the top closed and bake in the center of the oven for about 8 minutes, or until the bag darkens slightly and the bread feels crisp when pressed through the bag.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:5.3639130968115%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 693.77kcal (34.69%), Fat: 46.36g (71.32%), Saturated Fat: 25.73g (160.81%), Carbohydrates: 59.68g (19.89%), Net Carbohydrates: 55.7g (20.25%), Sugar: 35.01g (38.9%), Cholesterol: 17.23mg (5.74%), Sodium: 509.05mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.04%), Vitamin B3: 5.11mg (25.53%), Folate: 71.73µg (17.93%), Fiber: 3.98g (15.92%), Iron: 2.4mg (13.35%), Vitamin B1: 0.16mg (10.74%), Potassium: 255.04mg (7.29%), Vitamin B2: 0.11mg (6.69%), Phosphorus: 60.58mg (6.06%), Magnesium: 20.45mg (5.11%), Vitamin A: 196.62IU (3.93%), Calcium: 25.14mg (2.51%), Zinc: 0.35mg (2.33%), Selenium: 1.05µg (1.5%), Vitamin E: 0.18mg (1.17%)