

Garlic Bread Spread

 Popular

READY IN



25 min.

SERVINGS



10

CALORIES



346 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 loaf un bread italian
- ☐ 0.5 cup butter softened
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon parsley dried to taste
- ☐ 2 cloves garlic minced
- ☐ 10 servings ground pepper black to taste
- ☐ 0.3 teaspoon fines herbs

- ☐ 0.3 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated

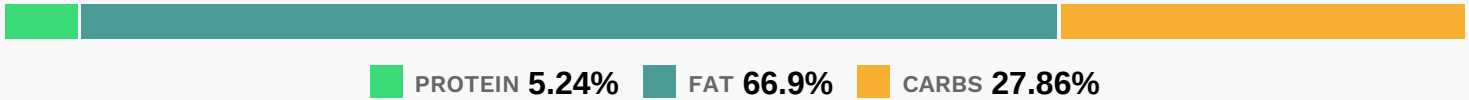
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a bowl, mix together the butter, Parmesan cheese, garlic, marjoram, basil, fines herbs mix, oregano, black pepper, and parsley until thoroughly combined. Split the Italian bread loaf in half lengthwise, and spread each half generously with the butter mixture.
- ☐ Bake the garlic bread on the top rack of the preheated oven until the butter mixture melts and bubbles, 10 to 15 minutes; turn on the broiler, and broil until the bread is your desired shade of golden brown, 1 to 2 more minutes.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:2.8734782830529%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg 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: 346.03kcal (17.3%), Fat: 25.91g (39.85%), Saturated Fat: 14.92g (93.26%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 22.62g (8.23%), Sugar: 14.02g (15.57%), Cholesterol: 26.58mg (8.86%), Sodium: 284.96mg (12.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Vitamin B3: 2.05mg (10.27%), Folate: 29.27µg (7.32%), Fiber: 1.66g (6.62%), Vitamin A: 307.28IU (6.15%), Iron: 1.03mg (5.71%), Vitamin B1: 0.07mg (4.41%), Phosphorus: 36.57mg (3.66%), Vitamin B2: 0.05mg (3.22%), Potassium: 110.76mg (3.16%), Calcium: 27.79mg

(2.78%), Magnesium: 9.46mg (2.36%), Vitamin E: 0.29mg (1.93%), Vitamin K: 1.81µg (1.72%), Selenium: 1.08µg (1.55%), Manganese: 0.03mg (1.51%), Zinc: 0.22mg (1.47%)