



Garlic Bread with Romano & Fresh Rosemary

READY IN



20 min.

SERVINGS



12

CALORIES



273 kcal

SIDE DISH

Ingredients

- 0.3 cup butter softened
- 1 tsp rosemary fresh chopped
- 1 clove garlic minced
- 1 lb bread french italian cut in half lengthwise
- 0.5 cup polly-o romano cheese shredded

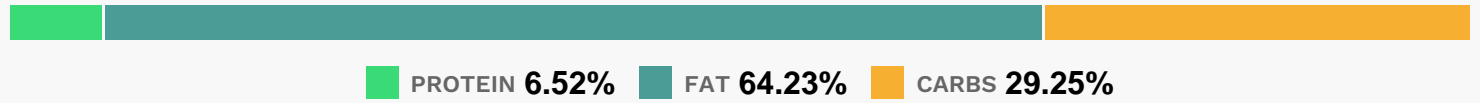
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 400F.
- Mix butter, cheese, garlic and rosemary until well blended.
- Spread onto cut surfaces of bread.
- Place, buttered sides up, on baking sheet.
- Bake 8 to 10 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.4404347694438%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 272.83kcal (13.64%), Fat: 19.55g (30.07%), Saturated Fat: 9.03g (56.41%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 18.7g (6.8%), Sugar: 11.71g (13.01%), Cholesterol: 4.33mg (1.44%), Sodium: 249.75mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin B3: 1.71mg (8.54%), Folate: 24.24µg (6.06%), Fiber: 1.34g (5.35%), Vitamin A: 244.57IU (4.89%), Phosphorus: 47.52mg (4.75%), Calcium: 46.86mg (4.69%), Iron: 0.83mg (4.63%), Vitamin B1: 0.06mg (3.71%), Vitamin B2: 0.05mg (3.07%), Potassium: 89.65mg (2.56%), Magnesium: 8.44mg (2.11%), Vitamin E: 0.21mg (1.37%), Zinc: 0.19mg (1.24%)