



## Garlic Bread Wreath

READY IN



230 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

### Ingredients

- 0.3 cup parmesan shredded
- 1 pound bread dough white frozen thawed (from 3-pound package)
- 1 tablespoon vegetable oil
- 1 small clove garlic finely chopped

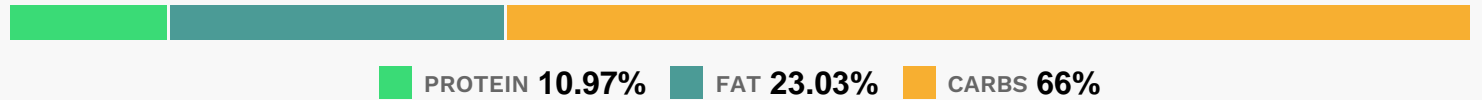
### Equipment

- baking sheet
- oven
- kitchen scissors

# Directions

- Grease cookie sheet. Spray outside of 6-ounce custard cup with cooking spray; place upside down on center of cookie sheet.
- Sprinkle 2 tablespoons of the cheese over flat surface.
- Roll bread dough in cheese into 24-inch rope.
- Place rope on cookie sheet and form into circle around custard cup; pinch ends to seal.
- Make cuts in dough at about 1 1/2-inch intervals from the outer edge of the circle, cutting two-thirds of the way through, using kitchen scissors. Lift and turn every other section of dough toward center of the circle. Cover and let rise in warm place 2 to 3 hours or until double. (Dough is ready if indentation remains when touched.)
- Heat oven to 350°.
- Mix oil and garlic; brush over dough.
- Sprinkle with remaining 2 tablespoons cheese.
- Bake 25 to 30 minutes or until golden brown.
- Remove custard cup.

# Nutrition Facts



# Properties

Glycemic Index:7.13, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.87086956008621%

# 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: 172.28kcal (8.61%), Fat: 4.17g (6.42%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 25.78g (9.37%), Sugar: 0.03g (0.03%), Cholesterol: 2.13mg (0.71%), Sodium: 316.79mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Fiber: 1.11g (4.45%), Calcium: 37.68mg (3.77%), Vitamin K: 3.19µg (3.03%), Phosphorus: 22.26mg (2.23%), Selenium: 0.76µg (1.08%)