



4%
HEALTH SCORE

Garlic Cheese Bread

READY IN



15 min.

SERVINGS



10

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces cream cheese softened
- 1 pound bread french cut into 1-inch slices
- 2 tablespoons parsley fresh minced
- 6 garlic clove minced
- 1 tablespoon spring onion minced
- 2 tablespoons mayonnaise
- 0.3 cup parmesan cheese grated
- 0.3 cup cream sour

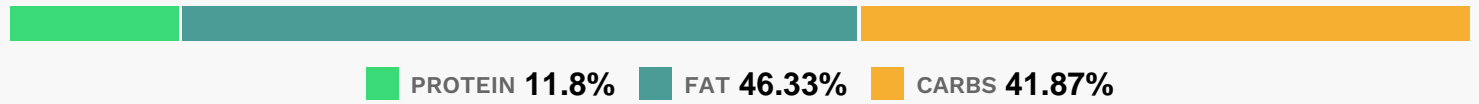
Equipment

- bowl
- baking sheet

Directions

- In a bowl, combine the first seven ingredients. Beat until blended.
- Spread on one side of each slice of bread and place on ungreased baking sheets. Broil 4 in. from the heat for 3 minutes or until cheese is melted and lightly browned.

Nutrition Facts



Properties

Glycemic Index:25.15, Glycemic Load:18.68, Inflammation Score:-5, Nutrition Score:8.3873913388537%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 246.87kcal (12.34%), Fat: 12.83g (19.73%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 25g (9.09%), Sugar: 3.2g (3.56%), Cholesterol: 29.65mg (9.88%), Sodium: 408.44mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Selenium: 16.34µg (23.34%), Vitamin B1: 0.33mg (22.27%), Vitamin K: 19.88µg (18.93%), Vitamin B2: 0.27mg (15.76%), Folate: 60.12µg (15.03%), Manganese: 0.28mg (13.77%), Vitamin B3: 2.24mg (11.2%), Iron: 1.91mg (10.6%), Phosphorus: 96.14mg (9.61%), Vitamin A: 437.39IU (8.75%), Calcium: 78.51mg (7.85%), Zinc: 0.75mg (4.99%), Magnesium: 19mg (4.75%), Vitamin B6: 0.09mg (4.46%), Fiber: 1.08g (4.31%), Copper: 0.08mg (4.13%), Vitamin B5: 0.33mg (3.27%), Potassium: 108.66mg (3.1%), Vitamin E: 0.43mg (2.85%), Vitamin C: 1.79mg (2.17%), Vitamin B12: 0.1µg (1.65%)