



Garlic chilli focaccia

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



301 kcal

Ingredients

- ☐ 1 small bunch flat parsley finely chopped
- ☐ 1 to 5 chillies red finely chopped (seeds in or out, up to you)
- ☐ 4 garlic clove crushed
- ☐ 100 g butter softened
- ☐ 1 large flour

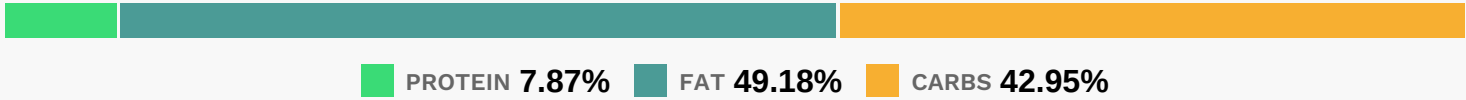
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mash the crushed garlic into the butter. Season well and spread over the focaccia loaf.
- ☐ Bake on baking sheets at 200C/180C fan/gas 6 for 10–15 mins until hot and crisping.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:12.88, Inflammation Score:-7, Nutrition Score:8.5130434800749%

Flavonoids

Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 301.25kcal (15.06%), Fat: 16.86g (25.94%), Saturated Fat: 8.58g (53.65%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 31.59g (11.49%), Sugar: 1.58g (1.76%), Cholesterol: 35.83mg (11.94%), Sodium: 468.62mg (20.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin K: 158.05µg (150.52%), Vitamin C: 24.04mg (29.14%), Vitamin A: 1288.36IU (25.77%), Fiber: 1.54g (6.17%), Folate: 16.73µg (4.18%), Iron: 0.7mg (3.91%), Vitamin B6: 0.07mg (3.59%), Vitamin E: 0.51mg (3.41%), Manganese: 0.06mg (3.13%), Potassium: 88.8mg (2.54%), Calcium: 21.78mg (2.18%), Magnesium: 7.31mg (1.83%), Phosphorus: 15.8mg (1.58%), Copper: 0.03mg (1.49%), Vitamin B2: 0.02mg (1.39%), Vitamin B1: 0.02mg (1.23%), Vitamin B3: 0.24mg (1.19%), Zinc: 0.16mg (1.06%)