



Garlic French Bread

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



208 kcal

Ingredients

- 0.5 cup butter melted
- 0.5 teaspoon parsley flakes dried
- 16 ounce bread french
- 6 cloves garlic pressed
- 1 teaspoon oregano dried

Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Combine first 4 ingredients.
- Cut bread loaves in half horizontally.
- Brush cut sides evenly with garlic mixture. Wrap loaves in aluminum foil, and place on a baking sheet.
- Bake at 350 for 10 minutes.
- Remove foil, and bake 10 more minutes or until lightly brown and crisp.
- Serve immediately.
- Note: For testing purposes only, we used Pepperidge Farm Twin French Bread Loaves. Freeze unbaked garlic bread, wrapped in aluminum foil and in a zip-top plastic freezer bag, up to 1 month, if desired.
- Remove bread from freezer bag, place on a baking sheet, and bake at 375 for 20 minutes. Unwrap foil, and bake 5 more minutes or until lightly brown.

Nutrition Facts

PROTEIN 9.77% **FAT 43.87%** **CARBS 46.36%**

Properties

Glycemic Index:11.55, Glycemic Load:18.32, Inflammation Score:-6, Nutrition Score:6.4173912146817%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 208.21kcal (10.41%), Fat: 10.25g (15.77%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 23.26g (8.46%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 380.47mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Vitamin B1: 0.33mg (21.81%), Selenium: 13.24µg (18.91%), Folate: 56.44µg (14.11%), Manganese: 0.28mg (13.91%), Vitamin B2: 0.2mg (11.83%), Vitamin B3: 2.21mg (11.06%), Iron: 1.88mg (10.44%), Vitamin A: 409.65IU (8.19%), Phosphorus: 53.31mg (5.33%), Fiber: 1.12g (4.49%), Magnesium: 15.87mg (3.97%), Copper: 0.08mg (3.78%), Vitamin B6: 0.07mg (3.7%), Calcium: 33.5mg (3.35%), Zinc: 0.5mg (3.32%), Vitamin E: 0.49mg (3.24%), Potassium: 67.71mg (1.93%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.66µg (1.58%)