

Garlic-Herb Bread

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



212 kcal

Ingredients

- ☐ 16 oz bread loaf french
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon chives fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon pepper dried red crushed

Equipment

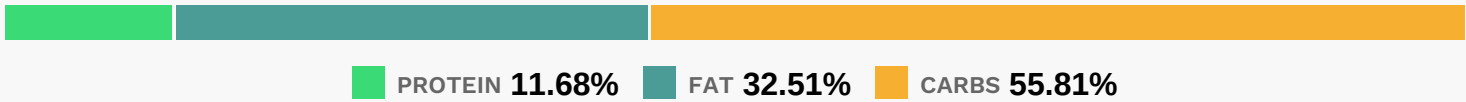
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Stir together first 5 ingredients in a small bowl.
- ☐ Cut bread in half lengthwise.
- ☐ Brush cut sides with garlic mixture; place on a baking sheet.
- ☐ Bake at 350 for 13 to 15 minutes or until golden brown.
- ☐ Cut each bread half into 8 slices.

Nutrition Facts



Properties

Glycemic Index:25.69, Glycemic Load:22.79, Inflammation Score:-4, Nutrition Score:7.5443478579754%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 212.4kcal (10.62%), Fat: 7.74g (11.9%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 28.56g (10.38%), Sugar: 2.65g (2.94%), Cholesterol: 7.53mg (2.51%), Sodium: 366.16mg (15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Vitamin B1: 0.41mg (27.04%), Selenium: 16.44µg (23.49%), Folate: 70.31µg (17.58%), Manganese: 0.32mg (15.97%), Vitamin B2: 0.25mg (14.48%), Vitamin B3: 2.76mg (13.8%), Iron: 2.28mg (12.69%), Phosphorus: 62.69mg (6.27%), Fiber: 1.32g (5.3%), Vitamin E: 0.75mg (5.02%), Magnesium: 18.84mg (4.71%), Copper: 0.09mg (4.57%), Zinc: 0.61mg (4.09%), Vitamin B6: 0.08mg (3.89%), Vitamin K: 3.7µg (3.52%), Calcium: 33.15mg (3.32%), Vitamin A: 140.95IU (2.82%), Potassium: 75.27mg (2.15%), Vitamin B5: 0.2mg (2.02%)