



## Garlic-Herb Loaf

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

## Ingredients

- ☐ 11 ounce breadstick dough refrigerated soft canned
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 teaspoons stick margarine melted

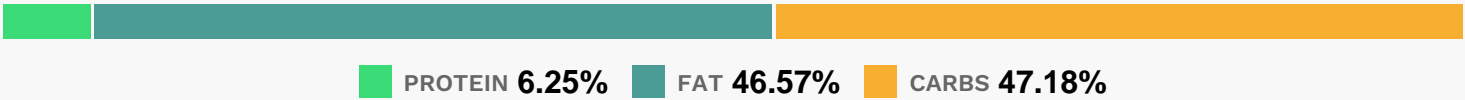
## Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 35
- ☐ Unroll dough (do not separate into breadsticks).
- ☐ Brush top of dough with butter; sprinkle minced garlic and seasoning evenly over dough.
- ☐ Beginning at 1 long edge, roll up jellyroll fashion. Pinch seam to seal (do not seal ends of dough).
- ☐ Place dough, seam side down, on ungreased baking sheet; cut 6 (1-inch) slits across top.
- ☐ Bake at 350 for 22 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:4.38, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.54521738527262%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 137.5kcal (6.87%), Fat: 7.32g (11.27%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 15.86g (5.77%), Sugar: 2.13g (2.36%), Cholesterol: 0mg (0%), Sodium: 390.77mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Fiber: 0.83g (3.33%), Manganese: 0.03mg (1.56%), Vitamin K: 1.57µg (1.5%)