



Great Garlic Bread

 Dairy Free

READY IN



11 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 16 oz bread loaf french cut into 1-inch slices
- ☐ 0.3 cup butter
- ☐ 4 garlic cloves minced

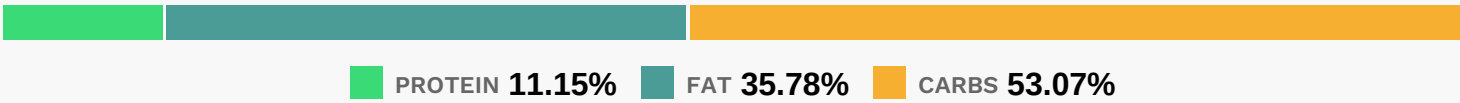
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Melt butter in a small saucepan over medium heat; add minced garlic, and saut 1 minute or until tender.
- ☐ Remove from heat.
- ☐ Place bread slices on a baking sheet; brush 1 side of each bread slice with butter mixture. Top evenly with Parmesan cheese and rosemary, if desired.
- ☐ Bake at 375 for 10 to 12 minutes or until toasted.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:22.82, Inflammation Score:-5, Nutrition Score:7.4830434581508%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 224.46kcal (11.22%), Fat: 8.99g (13.84%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 30.01g (10%), Net Carbohydrates: 28.73g (10.45%), Sugar: 2.63g (2.93%), Cholesterol: 0mg (0%), Sodium: 430.78mg (18.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.61%), Vitamin B1: 0.41mg (27.1%), Selenium: 16.43µg (23.47%), Folate: 69.88µg (17.47%), Manganese: 0.32mg (16.11%), Vitamin B2: 0.25mg (14.54%), Vitamin B3: 2.75mg (13.73%), Iron: 2.24mg (12.46%), Vitamin A: 338.46IU (6.77%), Phosphorus: 64mg (6.4%), Fiber: 1.28g (5.12%), Magnesium: 18.8mg (4.7%), Copper: 0.09mg (4.53%), Zinc: 0.61mg (4.05%), Vitamin B6: 0.08mg (4.01%), Calcium: 35.04mg (3.5%), Vitamin E: 0.41mg (2.76%), Potassium: 76.33mg (2.18%), Vitamin B5: 0.21mg (2.06%)