

Great Garlic Bread

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



509 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 tablespoon parsley dried
- ☐ 1.5 tablespoons garlic powder
- ☐ 1 pound bread italian cut into 1/2 inch slices
- ☐ 8 ounce mozzarella cheese shredded

Equipment

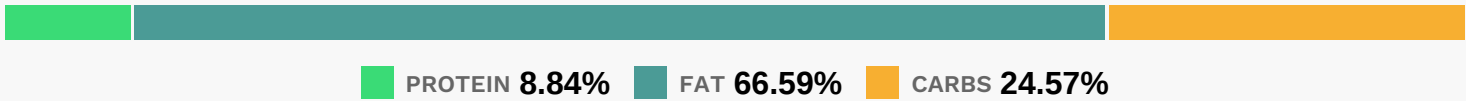
- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ pastry brush

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small saucepan over medium heat, melt butter and mix with garlic powder and dried parsley.
- ☐ Place Italian bread on a medium baking sheet. Using a basting brush, brush generously with the butter mixture.
- ☐ Bake in the preheated oven approximately 10 minutes, until lightly toasted.
- ☐ Remove from heat.
- ☐ Sprinkle with mozzarella cheese and any remaining butter mixture. Return to oven approximately 5 minutes, or until cheese is melted and bread is lightly browned.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:6.2269565165043%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg

Nutrients (% of daily need)

Calories: 508.85kcal (25.44%), Fat: 37.88g (58.28%), Saturated Fat: 21.91g (136.96%), Carbohydrates: 31.44g (10.48%), Net Carbohydrates: 29.26g (10.64%), Sugar: 17.88g (19.86%), Cholesterol: 52.9mg (17.63%), Sodium: 481.36mg (20.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.63%), Calcium: 150.61mg (15.06%), Phosphorus: 132.04mg (13.2%), Vitamin B3: 2.62mg (13.12%), Vitamin B12: 0.67µg (11.17%), Vitamin A: 551.04IU (11.02%), Folate: 39.29µg (9.82%), Fiber: 2.19g (8.74%), Vitamin B2: 0.14mg (8.48%), Iron: 1.46mg (8.1%), Selenium: 5.36µg (7.65%), Zinc: 1.01mg (6.75%), Vitamin B1: 0.1mg (6.37%), Potassium: 172.59mg (4.93%), Vitamin K: 5.05µg (4.81%), Magnesium: 17.75mg (4.44%), Vitamin E: 0.42mg (2.77%), Manganese: 0.05mg (2.39%), Vitamin B6: 0.04mg (1.9%)