



## Green Gobble-'Ems Garlic Bread Chunks

READY IN



15 min.

SERVINGS



6

CALORIES



629 kcal

SIDE DISH

### Ingredients

- 1 stick butter softened
- 4 cloves garlic
- 1 loaf bread italian
- 1 cup parmigiano-reggiano grated
- 6 servings salt and pepper
- 4 cups spinach leaves stemmed

### Equipment

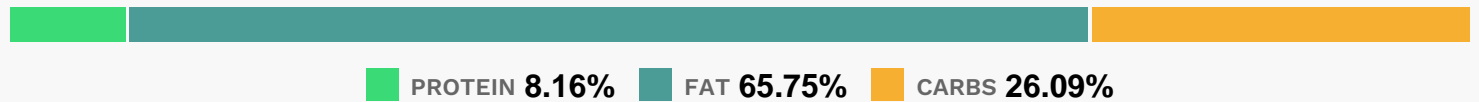
- food processor

- oven
- broiler

## Directions

- Preheat broiler or set oven to 400 degrees F.
- Place the spinach in a food processor with garlic, butter, salt and pepper and cheese and process, scraping the mixture down if necessary.
- Halve bread lengthwise and slather it with spinach butter. Broil or bake to crisp, 3 minutes under broiler, 6 to 7 minutes in hot oven.
- Cut into large cubes and serve with pasta.

## Nutrition Facts



## Properties

Glycemic Index:23.17, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:14.389130351336%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 629.24kcal (31.46%), Fat: 46.32g (71.26%), Saturated Fat: 26.93g (168.29%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 38.22g (13.9%), Sugar: 23.58g (26.2%), Cholesterol: 51.83mg (17.27%), Sodium: 878.13mg (38.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.87%), Vitamin K: 98.24µg (93.56%), Vitamin A: 2476.39IU (49.53%), Calcium: 225.39mg (22.54%), Folate: 88.16µg (22.04%), Vitamin B3: 3.61mg (18.05%), Phosphorus: 160.98mg (16.1%), Iron: 2.3mg (12.8%), Fiber: 3.12g (12.5%), Manganese: 0.22mg (10.83%), Vitamin B2: 0.17mg (9.98%), Magnesium: 36.85mg (9.21%), Vitamin B1: 0.13mg (8.85%), Potassium: 303.35mg (8.67%), Vitamin C: 6.24mg (7.57%), Selenium: 4.42µg (6.32%), Vitamin E: 0.88mg (5.87%), Zinc: 0.76mg (5.04%), Vitamin B6: 0.08mg (3.98%), Vitamin B12: 0.23µg (3.87%), Copper: 0.04mg (1.87%), Vitamin B5: 0.12mg (1.21%)