



Grilled Cheesy Garlic Bread

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



766 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon basil dried
- 2 cloves garlic finely chopped
- 1 loaf bread italian sliced into 1/4-inch slices
- 0.3 teaspoon pepper flakes red
- 4 servings salt
- 1 cup mozzarella cheese shredded
- 0.5 cup virgin olive oil

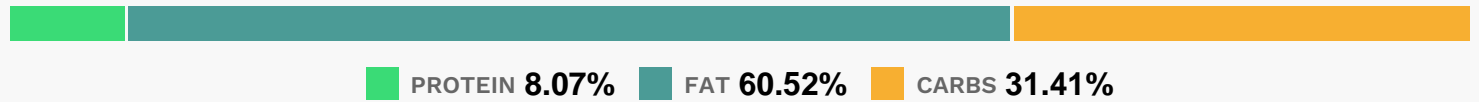
Equipment

- bowl
- grill
- broiler

Directions

- Watch how to make this recipe.
- Preheat grill to low-medium heat.
- In a small bowl, combine olive oil, garlic, red pepper flakes, basil and salt.
- Brush both sides of the bread with the olive oil and garlic mixture.
- Place the bread on the grill and grill both sides, until golden and crisp; about 5 minutes.
- Sprinkle the top with cheese and place in the broiler until bubbly and golden, if inside. If outside, cover the grill and cook until the cheese is melted and bubbly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:8.1304347800172%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 766.4kcal (38.32%), Fat: 51.66g (79.48%), Saturated Fat: 26.18g (163.61%), Carbohydrates: 60.32g (20.11%), Net Carbohydrates: 56.26g (20.46%), Sugar: 35.31g (39.23%), Cholesterol: 22.12mg (7.37%), Sodium: 791.97mg (34.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.01%), Vitamin B3: 5.15mg (25.77%), Folate: 73.58µg (18.4%), Fiber: 4.06g (16.25%), Iron: 2.64mg (14.65%), Calcium: 146.1mg (14.61%), Phosphorus: 143.86mg (14.39%), Vitamin B1: 0.17mg (11.35%), Vitamin B2: 0.18mg (10.87%), Vitamin B12: 0.64µg (10.64%), Potassium: 277.22mg (7.92%), Zinc: 1.07mg (7.15%), Selenium: 5µg (7.14%), Magnesium: 25.86mg (6.47%), Vitamin E: 0.89mg (5.91%), Vitamin K: 5.12µg (4.88%), Vitamin A: 226.94IU (4.54%), Manganese: 0.04mg (2.11%), Vitamin B6: 0.03mg (1.62%)