



Grilled Garlic Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 0.5 pound bread french
- ☐ 1 teaspoon garlic powder

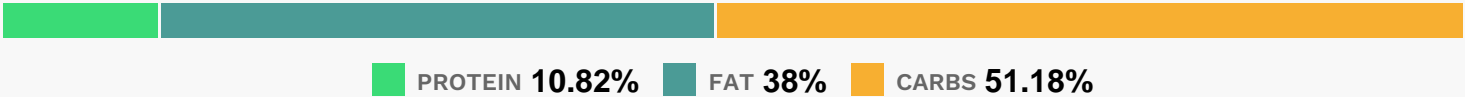
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine butter and garlic powder in a small bowl; stir until well blended. Split French bread in half lengthwise, and spread each cut side with butter mixture.
- ☐ Place bread, cut side down, on grill. Grill 2 minutes and 30 seconds over medium coals or until golden brown. Turn bread, and grill an additional 2 minutes and 30 seconds.
- ☐ Cut into 3/4- inch slices, and serve hot.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:11.36, Inflammation Score:-2, Nutrition Score:3.6904348229746%

Nutrients (% of daily need)

Calories: 115.99kcal (5.8%), Fat: 4.95g (7.61%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 14.33g (5.21%), Sugar: 1.32g (1.47%), Cholesterol: 11.29mg (3.76%), Sodium: 204.65mg (8.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin B1: 0.2mg (13.55%), Selenium: 8.25µg (11.79%), Folate: 35.2µg (8.8%), Manganese: 0.15mg (7.61%), Vitamin B2: 0.12mg (7.26%), Vitamin B3: 1.37mg (6.86%), Iron: 1.13mg (6.28%), Phosphorus: 32.58mg (3.26%), Fiber: 0.66g (2.63%), Vitamin A: 131.2IU (2.62%), Magnesium: 9.47mg (2.37%), Copper: 0.05mg (2.25%), Zinc: 0.31mg (2.07%), Vitamin B6: 0.04mg (1.83%), Calcium: 16.3mg (1.63%), Vitamin E: 0.18mg (1.23%), Potassium: 38.9mg (1.11%), Vitamin B5: 0.1mg (1.03%)