



Grilled Parmesan-Garlic Bread

READY IN



7 min.

SERVINGS



6

CALORIES



261 kcal

Ingredients

- 12 oz bread loaf split french
- 0.3 cup butter
- 2 tablespoons parsley fresh chopped
- 4 garlic cloves crushed
- 0.5 cup parmesan cheese freshly grated

Equipment

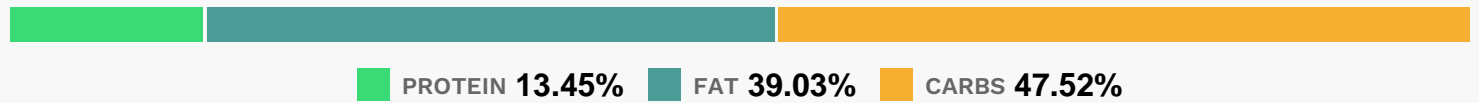
- baking sheet
- sauce pan
- oven

- grill
- aluminum foil

Directions

- Melt butter in a small saucepan over medium heat; add garlic, and cook 2 minutes.
- Remove and discard garlic.
- Brush cut sides of bread evenly with butter mixture, and sprinkle cut sides evenly with Parmesan cheese and parsley.
- Place cut sides together.
- Grill, covered with grill lid, over medium heat (300 to 350
- minutes on each side or to desired degree of doneness.
- Note: To prepare bread in the oven, wrap loaf in aluminum foil, place on a baking sheet, and bake at 350 for 15 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:32.08, Glycemic Load:22.89, Inflammation Score:-5, Nutrition Score:9.8904347640017%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 260.58kcal (13.03%), Fat: 11.4g (17.53%), Saturated Fat: 6.46g (40.35%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 29.88g (10.87%), Sugar: 2.66g (2.96%), Cholesterol: 27.59mg (9.2%), Sodium: 549.07mg (23.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.67%), Selenium: 19.51µg (27.88%), Vitamin B1: 0.41mg (27.36%), Vitamin K: 23.1µg (22%), Folate: 72.61µg (18.15%), Manganese: 0.34mg (16.99%), Vitamin B2: 0.28mg (16.33%), Vitamin B3: 2.77mg (13.87%), Iron: 2.37mg (13.18%), Phosphorus: 118.47mg (11.85%), Calcium: 110.88mg (11.09%), Vitamin A: 420.95IU (8.42%), Zinc: 1mg (6.64%), Magnesium: 22.42mg (5.6%), Fiber: 1.33g (5.33%), Copper: 0.1mg (4.87%), Vitamin B6: 0.09mg (4.69%), Vitamin C: 2.4mg (2.91%), Potassium: 99.35mg (2.84%), Vitamin E: 0.39mg (2.62%), Vitamin B5: 0.24mg (2.44%), Vitamin B12: 0.13µg (2.14%)