



Grilled Parsley-Butter Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

Ingredients

- ☐ 24 inch bread crumbs italian
- ☐ 0.5 cup flat parsley fresh packed
- ☐ 0.5 cup butter unsalted softened

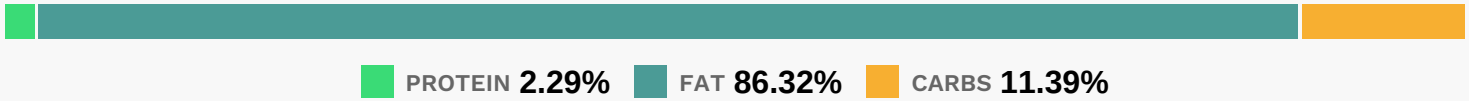
Equipment

- ☐ blender
- ☐ grill

Directions

- ☐ In a blender pulse butter and parsley until parsley is finely chopped. Season butter with salt and pepper. Parsley butter may be made 2 days ahead and chilled, covered. Bring butter to room temperature before proceeding.
- ☐ Prepare grill.
- ☐ Halve bread lengthwise and spread cut sides with parsley butter. On a rack set 5 to 6 inches over glowing coals grill bread, cut sides up, covered, 2 minutes, or until parsley butter melts into bread. Turn bread over and grill until just toasted, 1 to 2 minutes.
- ☐ Cut bread crosswise into 2 1/2-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:5.7469565375991%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.13kcal (9.71%), Fat: 18.97g (29.18%), Saturated Fat: 11.67g (72.97%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.19g (3.55%), Cholesterol: 40.67mg (13.56%), Sodium: 42.57mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin K: 83.32µg (79.36%), Vitamin A: 893.93IU (17.88%), Vitamin C: 6.65mg (8.06%), Folate: 14.57µg (3.64%), Vitamin E: 0.48mg (3.18%), Iron: 0.53mg (2.93%), Vitamin B3: 0.53mg (2.65%), Fiber: 0.52g (2.08%), Vitamin D: 0.28µg (1.89%), Potassium: 54.29mg (1.55%), Vitamin B1: 0.02mg (1.3%), Vitamin B2: 0.02mg (1.2%), Magnesium: 4.61mg (1.15%), Calcium: 11.44mg (1.14%), Phosphorus: 11.2mg (1.12%)