



Grilled Roasted Garlic-Rosemary Bread

READY IN



50 min.

SERVINGS



12

CALORIES



227 kcal

Ingredients

- ☐ 2 baguettes (not sourdough)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan freshly grated
- ☐ 1 rosemary sprig fresh
- ☐ 12 servings salt and pepper
- ☐ 1 stick butter unsalted at room temperature
- ☐ 10 large cloves garlic whole peeled

Equipment

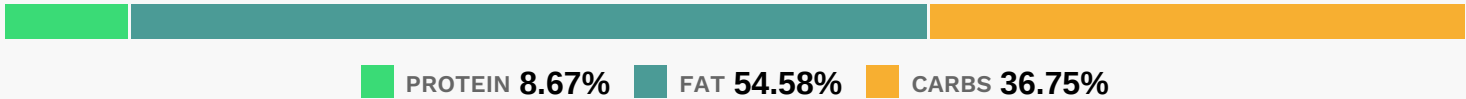
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ grill
- ☐ aluminum foil
- ☐ mortar and pestle
- ☐ chopsticks

Directions

- ☐ Put the garlic, rosemary, and olive oil in a small skillet and heat slowly until the oil just begins to simmer. Turn the cloves over in the oil and saute for 10 minutes longer.
- ☐ Remove from the flame and let cool for 15 minutes.
- ☐ Remove the garlic cloves from the oil (reserve the oil) and mash them to a paste with a knife or mortar and pestle. Take the leaves off the rosemary sprig and finely mince them. In a bowl, combine the garlic paste, minced rosemary, and butter and stir until smooth. Season with salt and pepper.
- ☐ Cut the baguettes in half lengthwise.
- ☐ Spread the cut sides with the seasoned butter and drizzle with a little of the oil used to bake the garlic.
- ☐ Sprinkle with the Parmesan, close the baguettes back up and wrap each in aluminum foil. Cook over medium heat on the grill or in a bed of slow coals for 10 to 15 minutes.
- ☐ Cut into 2-inch-wide slices and serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:14, Inflammation Score:-3, Nutrition Score:5.691304370113%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg,

Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 227.21kcal (11.36%), Fat: 13.83g (21.28%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 20.02g (7.28%), Sugar: 2g (2.22%), Cholesterol: 21.66mg (7.22%), Sodium: 486.24mg (21.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin B1: 0.25mg (16.59%), Manganese: 0.24mg (11.86%), Selenium: 8.09µg (11.55%), Folate: 45.18µg (11.29%), Vitamin B3: 1.92mg (9.6%), Vitamin B2: 0.15mg (8.63%), Iron: 1.53mg (8.51%), Calcium: 75.63mg (7.56%), Vitamin E: 0.99mg (6.63%), Phosphorus: 60.18mg (6.02%), Vitamin A: 254.26IU (5.09%), Vitamin K: 4.7µg (4.47%), Vitamin B6: 0.08mg (3.84%), Fiber: 0.94g (3.76%), Magnesium: 12.64mg (3.16%), Copper: 0.06mg (3.02%), Zinc: 0.43mg (2.83%), Vitamin B5: 0.19mg (1.93%), Potassium: 66.51mg (1.9%), Vitamin D: 0.15µg (1.01%)