



Herb Garlic Bread



Vegetarian



Vegan



Dairy Free

READY IN



18 min.

SERVINGS



8

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 1 large baguette
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup flat-leaf parsley
- ☐ 1 tablespoon basil leaves fresh chopped
- ☐ 6 large garlic cloves chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil good

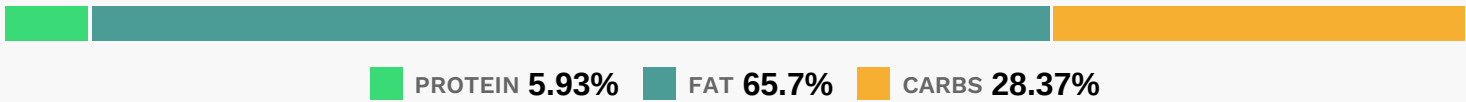
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the garlic, parsley, basil, salt and pepper in the bowl of a food processor fitted with the steel blade and process until finely minced.
- ☐ Heat the olive oil in a medium saute pan over medium heat.
- ☐ Add the garlic and parsley mixture and cook for 1 minute, until the garlic is tender but not browned.
- ☐ Remove from the heat and set aside.
- ☐ Slice the baguette lengthwise down the center, but not all the way through, and spoon the garlic mixture into the bread.
- ☐ Place the bread on a sheet pan and bake for 8 minutes. Slice diagonally and serve warm.

Nutrition Facts



Properties

Glycemic Index:29.47, Glycemic Load:1.48, Inflammation Score:-2, Nutrition Score:2.7365217364353%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 37.98kcal (1.9%), Fat: 2.83g (4.36%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 315.38mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Vitamin K: 33.77µg (32.16%), Vitamin C: 3.24mg (3.93%), Manganese: 0.08mg (3.88%), Vitamin A: 172.02IU (3.44%), Vitamin E: 0.42mg (2.79%), Vitamin B1: 0.03mg (1.88%),

Iron: 0.32mg (1.79%), Folate: 7.12µg (1.78%), Vitamin B6: 0.03mg (1.71%), Selenium: 0.97µg (1.39%), Calcium: 11.8mg (1.18%), Vitamin B3: 0.21mg (1.07%)