



Herbed French Bread

READY IN



35 min.

SERVINGS



24

CALORIES



87 kcal

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.8 teaspoon basil dried fresh chopped
- ☐ 0.8 teaspoon oregano dried fresh chopped
- ☐ 1 pound bread french

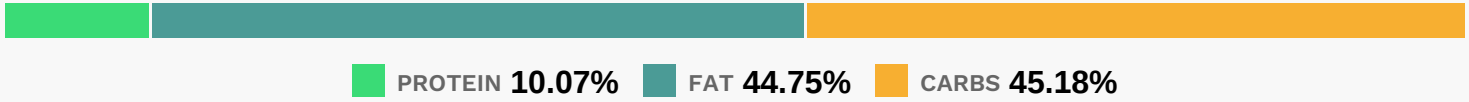
Equipment

- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Stir together all ingredients except bread.
- ☐ Cut bread into 1-inch slices.
- ☐ Spread herb mixture on cut sides of bread. Reassemble loaf. Wrap in piece of heavy-duty aluminum foil; seal securely.
- ☐ Grill uncovered about 4 inches from medium heat 15 to 20 minutes or until hot.
- ☐ Heat oven to 350°F. Prepare bread and wrap in foil as directed.
- ☐ Bake about 20 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:7.56, Inflammation Score:-3, Nutrition Score:2.6582608742882%

Nutrients (% of daily need)

Calories: 87.4kcal (4.37%), Fat: 4.39g (6.75%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 9.51g (3.46%), Sugar: 0.88g (0.97%), Cholesterol: 0.36mg (0.12%), Sodium: 165.7mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin B1: 0.13mg (8.99%), Selenium: 5.55µg (7.94%), Folate: 23.56µg (5.89%), Manganese: 0.11mg (5.28%), Vitamin B2: 0.08mg (4.98%), Vitamin B3: 0.92mg (4.58%), Iron: 0.79mg (4.4%), Vitamin A: 174.06IU (3.48%), Phosphorus: 23.75mg (2.38%), Fiber: 0.45g (1.82%), Magnesium: 6.73mg (1.68%), Calcium: 16.63mg (1.66%), Copper: 0.03mg (1.5%), Zinc: 0.22mg (1.46%), Vitamin E: 0.2mg (1.35%), Vitamin B6: 0.02mg (1.1%), Vitamin K: 1.06µg (1.01%)