



Herbed Italian Bread

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



240 kcal

Ingredients

- ☐ 0.5 loaf bread french italian (1-pound size)
- ☐ 0.3 cup butter softened
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder

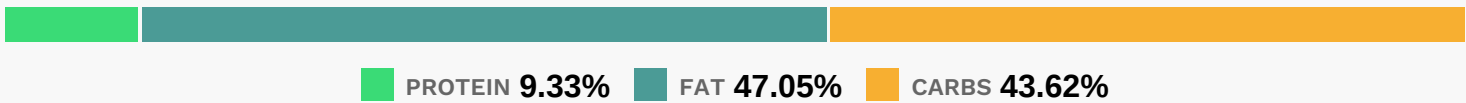
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F.
- ☐ Cut bread diagonally into 1-inch slices.
- ☐ Mix remaining ingredients.
- ☐ Spread butter mixture over one side of cut surfaces of bread; reassemble loaf.
- ☐ Wrap loaf securely in heavy-duty aluminum foil.
- ☐ Bake 10 to 15 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:20.04, Inflammation Score:-6, Nutrition Score:9.4278260462958%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 239.71kcal (11.99%), Fat: 12.66g (19.47%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 25.19g (9.16%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 436.58mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin K: 49.55µg (47.19%), Vitamin B1: 0.36mg (23.99%), Selenium: 14.35µg (20.5%), Folate: 66.29µg (16.57%), Vitamin A: 760.21IU (15.2%), Manganese: 0.27mg (13.43%), Vitamin B2: 0.22mg (13.06%), Vitamin B3: 2.45mg (12.27%), Iron: 2.15mg (11.95%), Phosphorus: 58.28mg (5.83%), Vitamin C: 4.02mg (4.87%), Fiber: 1.22g (4.86%), Magnesium: 18.07mg (4.52%), Copper: 0.08mg (4.07%), Vitamin E: 0.57mg (3.79%), Zinc: 0.56mg (3.72%), Calcium: 34.54mg (3.45%), Vitamin B6: 0.06mg (3.03%), Potassium: 83.32mg (2.38%), Vitamin B5: 0.19mg (1.92%)