



Hot Cheesy Garlic Bread

READY IN



40 min.

SERVINGS



40

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 tsp pepper black
- 0.5 cup butter softened
- 2 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 16 oz bread italian
- 8 oz polly-o mozzarella cheese shredded

Equipment

- oven

aluminum foil

Directions

Heat oven to 425F.

Combine all ingredients except bread.

Cut bread into 3/4-inch-thick slices, being carefully not to cut all the way through to bottom of loaf.

Spread 1 side of each bread slice with cheese mixture. Wrap in foil.

Bake 25 min.

Serve warm.

Nutrition Facts

 **PROTEIN 8.74%**  **FAT 67.05%**  **CARBS 24.21%**

Properties

Glycemic Index:3.03, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3447825937815%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 101.01kcal (5.05%), Fat: 7.56g (11.63%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.73g (2.08%), Sugar: 3.57g (3.96%), Cholesterol: 4.48mg (1.49%), Sodium: 104.51mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin A: 155.91IU (3.12%), Vitamin K: 3.27µg (3.11%), Calcium: 30.07mg (3.01%), Vitamin B3: 0.52mg (2.6%), Phosphorus: 25.28mg (2.53%), Vitamin B12: 0.13µg (2.2%), Folate: 7.86µg (1.97%), Fiber: 0.41g (1.64%), Vitamin B2: 0.03mg (1.63%), Iron: 0.28mg (1.55%), Selenium: 0.99µg (1.41%), Zinc: 0.19mg (1.28%), Vitamin B1: 0.02mg (1.22%)