



 **12%**
HEALTH SCORE

How to Make Easy Cheesy Garlic Bread

READY IN



15 min.

SERVINGS



8

CALORIES



348 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 loaf bread white french
- 2 Tbsp butter
- 0.8 cup cheddar cheese mixed grated
- 2 Tbsp olive oil extra virgin
- 8 servings parsley fresh chopped
- 4 cloves garlic crushed
- 0.3 cup parmesan

Equipment

frying pan

oven

Directions

Heat oven to 32

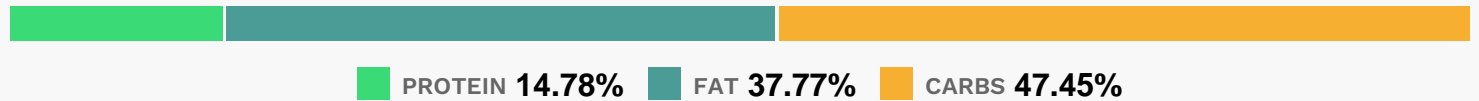
Cut loaf of bread into two halves. In a small pan over medium heat melt butter with olive oil, garlic, and parsley.

Brush the butter garlic mixture over the bread. Take all of the cheeses and mix them together well. Cover each loaf with the cheese mixture as completely as possible.

Place in the preheated oven for 10 minutes, or until the cheese is bubbly and starts to turn brown.

Remove from oven and allow to cool.

Nutrition Facts



Properties

Glycemic Index: 28.08, Glycemic Load: 21.97, Inflammation Score: -6, Nutrition Score: 17.130869565217%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Taste

Sweetness: 47.34%, Saltiness: 33.68%, Sourness: 6%, Bitterness: 3.67%, Savoriness: 10.49%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 348.44kcal (17.42%), Fat: 14.68g (22.58%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 37.92g (13.79%), Sugar: 4.98g (5.54%), Cholesterol: 20.35mg (6.78%), Sodium: 546.79mg (23.77%), Protein: 12.92g (25.85%), Vitamin K: 72.45µg (69%), Manganese: 1.05mg (52.32%), Selenium: 28.43µg (40.62%), Vitamin B3: 4.83mg (24.15%), Vitamin B1: 0.36mg (24.02%), Calcium: 227.27mg (22.73%), Folate: 80.92µg (20.23%), Iron: 3.4mg (18.87%), Phosphorus: 185.32mg (18.53%), Vitamin B2: 0.28mg (16.36%), Fiber: 3.56g (14.25%),

Vitamin A: 558.07IU (11.16%), Magnesium: 41.53mg (10.38%), Zinc: 1.42mg (9.48%), Vitamin B5: 0.78mg (7.84%),
Vitamin C: 5.96mg (7.22%), Copper: 0.14mg (7.04%), Vitamin B6: 0.13mg (6.34%), Vitamin E: 0.87mg (5.77%),
Potassium: 159.94mg (4.57%), Vitamin B12: 0.16µg (2.6%)