



Italian-Herb Bread

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



154 kcal

Ingredients

- 6 slices bread italian 1-inch-thick ()
- 1 teaspoon penzey's southwest seasoning dried italian
- 2 tablespoons olive oil
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon salt

Equipment

- grill

Directions

- Preheat grill to 350 to 400 (medium-high) heat.
- Brush 1 side of each bread slice with olive oil; sprinkle with Italian seasoning, salt, and pepper. Grill bread slices, seasoned sides down, covered with grill lid, 4 to 5 minutes or until toasted.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.503043466774%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 154.15kcal (7.71%), Fat: 11.75g (18.07%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 9.89g (3.6%), Sugar: 6.19g (6.88%), Cholesterol: 0mg (0%), Sodium: 268.2mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Vitamin K: 5.15µg (4.91%), Vitamin E: 0.73mg (4.9%), Vitamin B3: 0.92mg (4.59%), Fiber: 0.88g (3.54%), Folate: 13.42µg (3.35%), Iron: 0.59mg (3.26%), Manganese: 0.04mg (1.92%), Vitamin B1: 0.03mg (1.92%), Potassium: 49.9mg (1.43%), Vitamin B2: 0.02mg (1.18%), Magnesium: 4.59mg (1.15%)