



## Jimmy's Favorite Garlic Bread

READY IN



25 min.

SERVINGS



8

CALORIES



781 kcal

SIDE DISH

### Ingredients

- 8 servings basil leaves
- 1 teaspoon pepper red crushed
- 2 heads garlic
- 1 tablespoon penzey's southwest seasoning italian
- 0.5 cup mayonnaise
- 8 servings olive oil
- 1 pinch paprika
- 0.3 cup parmesan grated
- 1.5 tablespoons parmesan grated

- 1 tablespoon parsley leaves italian chopped
- 1 pre heat oven degrees f
- 1 teaspoon salt
- 8 servings salt and pepper black freshly ground
- 1 loaf sourdough bread cut in 1/2
- 8 ounces sun-dried tomatoes chopped
- 0.8 pound butter unsalted at room temperature

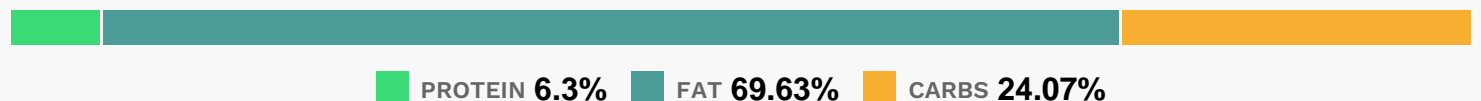
## Equipment

- oven
- mixing bowl
- aluminum foil

## Directions

- Liberally apply garlic butter to bread halves.
- Bake in oven until light golden brown.
- Remove and top with basil, sun-dried tomatoes and Parmesan.
- Cut into 2-inch slices.
- Slice the tops off the garlic heads, place in a piece of foil, drizzle olive oil, and season with salt and pepper.
- Place in oven and bake for 1 hour, or until soft.
- Squeeze roasted garlic out into medium mixing bowl.
- Add remaining ingredients and thoroughly mix together, divide in half, and refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:49.81, Glycemic Load:27.12, Inflammation Score:-8, Nutrition Score:23.461304053016%

## Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 780.82kcal (39.04%), Fat: 62.34g (95.91%), Saturated Fat: 26.53g (165.79%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 43.19g (15.71%), Sugar: 13.54g (15.04%), Cholesterol: 100.07mg (33.36%), Sodium: 826.68mg (35.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.38%), Vitamin K: 67.82µg (64.59%), Manganese: 1.01mg (50.69%), Vitamin B1: 0.57mg (38.26%), Vitamin A: 1591IU (31.82%), Potassium: 1106.8mg (31.62%), Iron: 5.44mg (30.24%), Selenium: 20.51µg (29.3%), Vitamin B3: 5.46mg (27.3%), Copper: 0.54mg (26.85%), Vitamin E: 3.83mg (25.55%), Vitamin B2: 0.43mg (25.11%), Folate: 95.11µg (23.78%), Phosphorus: 215.78mg (21.58%), Fiber: 5.32g (21.26%), Magnesium: 81.46mg (20.37%), Vitamin C: 14.34mg (17.38%), Calcium: 148.57mg (14.86%), Vitamin B6: 0.26mg (13.18%), Zinc: 1.46mg (9.72%), Vitamin B5: 0.93mg (9.28%), Vitamin D: 0.69µg (4.57%), Vitamin B12: 0.14µg (2.3%)