



Lisa's Best Ever Garlic Bread

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 16 ounce bread french halved lengthwise
- ☐ 3 cloves garlic sliced

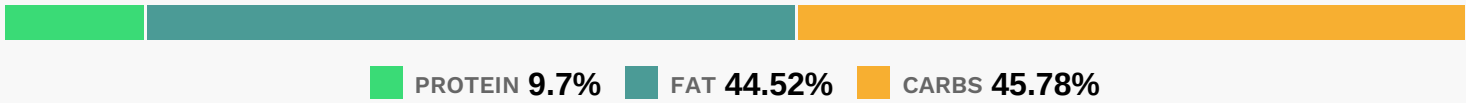
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Melt butter in a small saucepan; simmer garlic slices in hot butter over low heat until butter turns foamy, about 5 minutes.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Place bread loaf halves under the preheated broiler to toast, 2 to 4 minutes. Watch carefully to prevent burning.
- ☐ Slice toasted bread into 2-inch thick slices. Dip toasted side of each slice into garlic butter.

Nutrition Facts



Properties

Glycemic Index:20.06, Glycemic Load:22.79, Inflammation Score:-4, Nutrition Score:7.5343478024006%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 257.62kcal (12.88%), Fat: 12.88g (19.82%), Saturated Fat: 7.59g (47.46%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 28.54g (10.38%), Sugar: 2.64g (2.93%), Cholesterol: 30.5mg (10.17%), Sodium: 432.75mg (18.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.63%), Vitamin B1: 0.41mg (27.03%), Selenium: 16.52µg (23.6%), Folate: 70.2µg (17.55%), Manganese: 0.32mg (15.8%), Vitamin B2: 0.25mg (14.6%), Vitamin B3: 2.75mg (13.73%), Iron: 2.24mg (12.44%), Vitamin A: 354.65IU (7.09%), Phosphorus: 64.66mg (6.47%), Fiber: 1.27g (5.08%), Magnesium: 18.71mg (4.68%), Copper: 0.09mg (4.48%), Zinc: 0.62mg (4.1%), Vitamin B6: 0.08mg (3.75%), Calcium: 34.92mg (3.49%), Vitamin E: 0.45mg (2.99%), Potassium: 74.25mg (2.12%), Vitamin B5: 0.21mg (2.12%), Vitamin K: 1.41µg (1.34%)