



Make-Ahead Garlic Toast

READY IN



75 min.

SERVINGS



18

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon parsley dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pound bread italian cut into 1 inch slices
- ☐ 0.3 cup parmesan cheese grated

Equipment

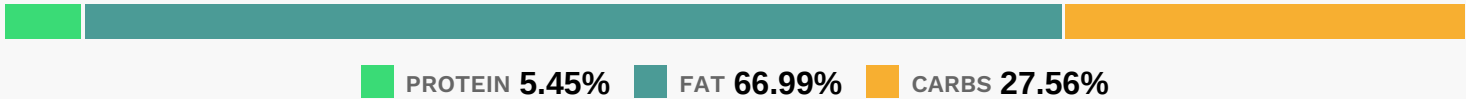
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Mix butter, Parmesan cheese, parsley, and garlic powder in a bowl. Arrange Italian bread on a large baking sheet and spread each slice with garlic butter mixture.
- ☐ Place baking sheet in freezer and freeze until bread solid, about 1 hour.
- ☐ Transfer bread to a resealable plastic freezer bag until ready to use.
- ☐ Preheat oven to 425 degrees F (220 degrees C). Arrange desired number of slices, butter-side up, on a baking sheet.
- ☐ Bake in preheated oven until bread is toasted and butter is melted, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:3.06, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5630434603309%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 193.91kcal (9.7%), Fat: 14.53g (22.35%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.56g (4.57%), Sugar: 7.79g (8.66%), Cholesterol: 15.17mg (5.06%), Sodium: 166.52mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin B3: 1.14mg (5.7%), Folate: 16.23µg (4.06%), Fiber: 0.89g (3.56%), Vitamin A: 173.7IU (3.47%), Iron: 0.54mg (3.03%), Vitamin B1: 0.04mg (2.43%), Phosphorus: 22.95mg (2.29%), Vitamin B2: 0.03mg (1.85%), Calcium: 18.01mg (1.8%), Potassium: 60.75mg (1.74%), Magnesium: 5.14mg (1.29%), Vitamin E: 0.16mg (1.05%), Selenium: 0.73µg (1.05%)