



## Mrs. Prophet's Roasted Garlic French Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



564 kcal

### Ingredients

- 1 pound butter softened
- 1 loaf bread french
- 4 ounce roasted garlic potatoes dry mashed flavored idahoan®

### Equipment

- broiler

### Directions

- Mix the dry package of Idahoan Roasted Garlic Potatoes with the butter until blended.

- Slice the French bread length wise and generously spread with the roasted garlic mixture.
- Toast under the broiler until butter spread is melted and toasted on top.

## Nutrition Facts

**PROTEIN 4.72%**

**FAT 73.95%**

**CARBS 21.33%**

### Properties

Glycemic Index:20.06, Glycemic Load:21.34, Inflammation Score:-7, Nutrition Score:10.206087086512%

### Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

### Nutrients (% of daily need)

Calories: 563.65kcal (28.18%), Fat: 47.26g (72.71%), Saturated Fat: 29.42g (183.88%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 29.28g (10.65%), Sugar: 2.49g (2.76%), Cholesterol: 121.9mg (40.63%), Sodium: 667.98mg (29.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.57%), Vitamin A: 1418.18IU (28.36%), Vitamin B1: 0.39mg (25.75%), Manganese: 0.5mg (24.95%), Selenium: 16.88µg (24.11%), Folate: 63.63µg (15.91%), Vitamin B2: 0.25mg (14.61%), Vitamin B3: 2.53mg (12.67%), Iron: 2.21mg (12.26%), Vitamin B6: 0.23mg (11.55%), Vitamin E: 1.43mg (9.55%), Phosphorus: 87.8mg (8.78%), Calcium: 65.26mg (6.53%), Copper: 0.12mg (5.92%), Fiber: 1.4g (5.59%), Vitamin C: 4.42mg (5.36%), Magnesium: 20.68mg (5.17%), Zinc: 0.74mg (4.9%), Vitamin K: 4.56µg (4.34%), Potassium: 128.95mg (3.68%), Vitamin B5: 0.31mg (3.14%), Vitamin B12: 0.1µg (1.61%)