



Neely's Garlic Cheese Bread

READY IN



30 min.

SERVINGS



6

CALORIES



591 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup freshly basil leaves chopped
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 4 cloves garlic peeled
- ☐ 1 loaf bread italian
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 0.3 cup mozzarella cheese grated
- ☐ 0.3 cup parmesan grated
- ☐ 1 stick butter salted at room temperature

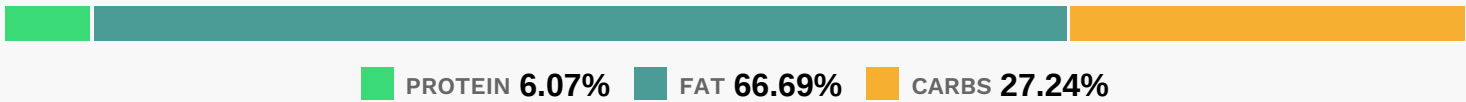
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Slice the bread in half, lengthwise.
- ☐ Add the garlic, herbs, butter, and Parmesan to the bowl of a food processor and pulse until well incorporated. Alternatively, you could fold the ingredients together using a rubber spatula.
- ☐ Spread the butter mixture down the inner length of both slices of the bread. Wrap the pieces in aluminum foil and put them onto a sheet tray.
- ☐ Bake until the bread crisps up and the cheese melts, about 10 minutes. At this point, remove the foil, sprinkle the slices with the mozzarella cheese and season with salt and pepper, to taste. Slide the bread back into oven until the cheese bubbles, about 5 minutes.
- ☐ Remove the bread from the oven to a cutting board and slice before serving.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:7.7247825783232%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.04mg, Quercetin:

0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 590.77kcal (29.54%), Fat: 44.08g (67.82%), Saturated Fat: 25.48g (159.25%), Carbohydrates: 40.51g (13.5%), Net Carbohydrates: 37.72g (13.72%), Sugar: 23.47g (26.07%), Cholesterol: 47.01mg (15.67%), Sodium: 692.78mg (30.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.07%), Vitamin K: 46.68µg (44.46%), Vitamin B3: 3.48mg (17.39%), Vitamin A: 798.26IU (15.97%), Folate: 53.29µg (13.32%), Fiber: 2.78g (11.13%), Iron: 1.87mg (10.37%), Calcium: 86.38mg (8.64%), Phosphorus: 82.96mg (8.3%), Vitamin B1: 0.12mg (7.74%), Vitamin B2: 0.11mg (6.28%), Potassium: 200.6mg (5.73%), Vitamin C: 4.13mg (5%), Magnesium: 18.37mg (4.59%), Vitamin E: 0.48mg (3.22%), Zinc: 0.48mg (3.18%), Selenium: 2.21µg (3.16%), Vitamin B12: 0.19µg (3.14%), Manganese: 0.05mg (2.58%), Vitamin B6: 0.03mg (1.73%)