



Old-School Garlic Bread

READY IN



25 min.

SERVINGS



12

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 1 crusty baguette
- ☐ 1 handful parsley fresh finely chopped
- ☐ 2 garlic clove crushed peeled
- ☐ 12 servings kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 12 servings parmesan finely grated
- ☐ 0.5 cup butter unsalted (1 stick)

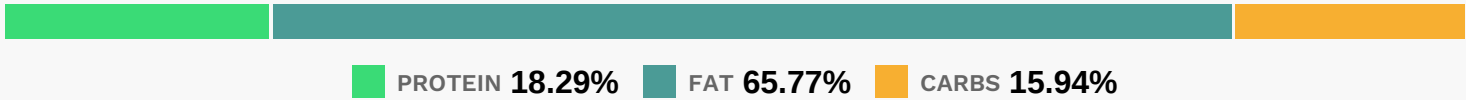
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Heat butter and oil in a small saucepan over medium heat.
- ☐ Add garlic and parsley and cook, stirring occasionally, until butter is completely melted.
- ☐ Slice bread in half lengthwise, then place on a baking sheet and brush cut sides with butter mixture.
- ☐ Slice crosswise 1" thick, without cutting all the way through; season with salt and top with Parmesan.
- ☐ Bake until golden, 10–15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:7.19, Inflammation Score:-4, Nutrition Score:7.6143478206966%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 280.02kcal (14%), Fat: 20.49g (31.53%), Saturated Fat: 10.52g (65.73%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 10.72g (3.9%), Sugar: 1.23g (1.37%), Cholesterol: 40.74mg (13.58%), Sodium: 804.54mg (34.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.65%), Calcium: 380.88mg (38.09%), Phosphorus: 231.22mg (23.12%), Selenium: 10.5µg (15%), Vitamin B2: 0.17mg (10.03%), Vitamin A: 498.79IU (9.98%), Vitamin K: 9.98µg (9.51%), Vitamin B1: 0.13mg (8.98%), Zinc: 1.01mg (6.72%), Vitamin E: 1mg (6.64%), Folate: 25.2µg (6.3%), Vitamin B12: 0.38µg (6.27%), Iron: 1.02mg (5.68%), Manganese: 0.11mg (5.62%), Vitamin B3: 1.04mg (5.19%), Magnesium: 19.1mg (4.78%), Vitamin B6: 0.06mg (2.79%), Vitamin B5: 0.23mg (2.29%), Vitamin D: 0.29µg (1.95%), Copper: 0.04mg (1.92%), Fiber: 0.46g (1.84%), Potassium: 59.64mg (1.7%)