



Onion and Garlic Bread

READY IN



23 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 12 inch top split
- ☐ 3 cloves garlic crushed
- ☐ 0.5 teaspoon ground thyme
- ☐ 2 handfuls parmigiano grated
- ☐ 9 servings grinds pepper black
- ☐ 1 teaspoon sugar
- ☐ 1 medium onion yellow chopped

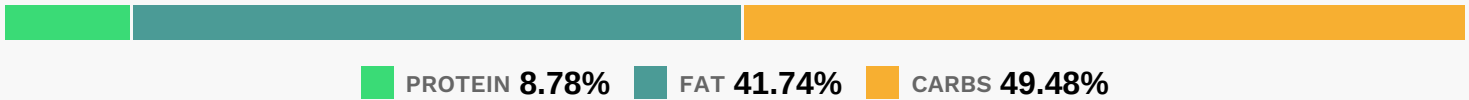
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Melt butter in a small pan over moderate heat.
- ☐ Add onions and garlic and season with sugar, thyme and pepper. Cook 15 minutes, stirring occasionally, until onions are golden in color and translucent.
- ☐ Place the split bread on a baking sheet and broil until golden.
- ☐ Spread half the onions and garlic on each half of bread in a thin layer.
- ☐ Sprinkle each side of loaf with a handful of cheese and return to broiler for 30 seconds to bubble cheese.
- ☐ Serve with a hearty, soup-er supper

Nutrition Facts



Properties

Glycemic Index:79.15, Glycemic Load:4.56, Inflammation Score:-2, Nutrition Score:2.4478260915241%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 67.32kcal (3.37%), Fat: 3.22g (4.95%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.82g (2.84%), Sugar: 2.55g (2.84%), Cholesterol: 7.86mg (2.62%), Sodium: 77.99mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Manganese: 0.16mg (7.95%), Vitamin B1: 0.07mg (4.83%), Selenium: 2.82µg (4.03%), Folate: 15.19µg (3.8%), Vitamin B6: 0.07mg (3.68%), Vitamin C: 2.77mg (3.35%), Fiber: 0.77g (3.07%), Iron: 0.51mg (2.83%), Vitamin B2: 0.05mg (2.73%), Vitamin K: 2.84µg (2.7%), Calcium: 24.62mg

(2.46%), Phosphorus: 24.51mg (2.45%), Vitamin B3: 0.43mg (2.14%), Vitamin A: 99.93IU (2%), Potassium: 64.11mg (1.83%), Magnesium: 6.99mg (1.75%), Copper: 0.03mg (1.72%), Zinc: 0.18mg (1.2%)