

Onion-Garlic Loaf

READY IN



55 min.

SERVINGS



5

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 11 oz bread refrigerated french canned
- ☐ 1 clove garlic minced
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.3 cup parmesan cheese grated

Equipment

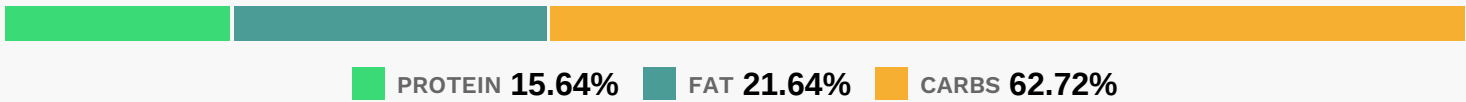
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ serrated knife

Directions

- ☐ Heat oven to 350°F. Grease cookie sheet with shortening or cooking spray. In 7-inch skillet, melt butter over medium heat.
- ☐ Add onions and garlic; cook and stir 2 to 3 minutes or until tender.
- ☐ Carefully unroll dough.
- ☐ Spread with onion mixture. Reserve 1 teaspoon of the cheese for topping; sprinkle remaining cheese evenly over onion mixture.
- ☐ Roll up dough; place seam side down on cookie sheet.
- ☐ With sharp or serrated knife, make 4 or 5 diagonal slashes on top of loaf.
- ☐ Sprinkle with reserved 1 teaspoon cheese.
- ☐ Bake 26 to 30 minutes or until deep golden brown. Immediately remove from cookie sheet; cool 10 minutes.
- ☐ Cut diagonally into slices with serrated knife; serve warm.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:25.16, Inflammation Score:-5, Nutrition Score:9.878260863216%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 214.86kcal (10.74%), Fat: 5.2g (8%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 32.28g (11.74%), Sugar: 3.13g (3.47%), Cholesterol: 10.37mg (3.46%), Sodium: 482.67mg (20.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Vitamin B1: 0.45mg (30.07%), Selenium: 19.76µg (28.23%), Folate: 83.52µg (20.88%), Vitamin K: 21.43µg (20.41%), Manganese: 0.36mg (17.85%), Vitamin B2: 0.29mg (17.25%), Vitamin B3: 3.07mg (15.34%), Iron: 2.62mg (14.55%), Phosphorus: 102.48mg (10.25%), Calcium: 85.59mg

(8.56%), Fiber: 1.64g (6.58%), Zinc: 0.91mg (6.09%), Magnesium: 23.91mg (5.98%), Copper: 0.11mg (5.34%), Vitamin A: 212.98IU (4.26%), Vitamin B6: 0.08mg (4.22%), Potassium: 112.85mg (3.22%), Vitamin C: 2.07mg (2.51%), Vitamin B5: 0.24mg (2.39%), Vitamin E: 0.28mg (1.85%), Vitamin B12: 0.07µg (1.2%)