



## Roasted Garlic Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



542 kcal

SIDE DISH

### Ingredients

- 1 tablespoon rough basil fresh chopped
- 1 stick butter softened
- 1 head garlic sliced
- 1 pound bread italian halved lengthwise
- 8 servings kosher salt and pepper black freshly ground
- 1 teaspoon lemon zest
- 8 servings olive oil for drizzling
- 1 tablespoon rough parsley fresh chopped

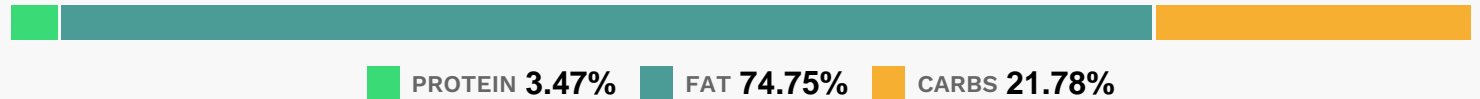
# Equipment

- bowl
- oven
- aluminum foil

# Directions

- Preheat the oven to 350 degrees F.
- Place the garlic in a square of tin foil and drizzle with olive oil, salt and pepper. Wrap up the garlic and place in the oven. Roast for 20 minutes.
- Let cool.
- Add the softened butter to a bowl and mix together with the roasted garlic cloves, lemon zest and herbs. Season with salt and pepper and mix again to combine.
- Brush the butter mixture over both sides of the bread. Wrap in foil and bake until crisp and butter is nice and melted, about 15 minutes.

# Nutrition Facts



# Properties

Glycemic Index:23, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:4.6217391371079%

# Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

# Nutrients (% of daily need)

Calories: 542.37kcal (27.12%), Fat: 45.5g (69.99%), Saturated Fat: 20.09g (125.54%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 27.73g (10.08%), Sugar: 17.55g (19.5%), Cholesterol: 30.37mg (10.12%), Sodium: 302.13mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Vitamin K: 19µg (18.09%), Vitamin E: 2.36mg (15.75%), Vitamin B3: 2.57mg (12.85%), Folate: 37.15µg (9.29%), Fiber: 2.1g (8.4%), Vitamin A: 409.16IU (8.18%), Iron: 1.34mg (7.43%), Vitamin B1: 0.08mg (5.4%), Manganese: 0.09mg (4.58%), Potassium: 133.08mg (3.8%), Vitamin B2: 0.06mg (3.36%), Magnesium: 10.86mg (2.72%), Phosphorus: 25.12mg (2.51%), Vitamin

C: 1.03mg (1.25%)