



Roasted Garlic Bread

READY IN



50 min.

SERVINGS



8

CALORIES



470 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 heads garlic
- ☐ 1 pound bread italian
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese grated

Equipment

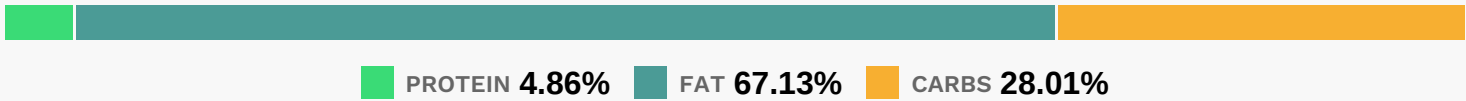
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Slice the tops off of garlic heads so the tip of each clove is exposed.
- ☐ Place garlic on a baking sheet and drizzle with olive oil.
- ☐ Bake until garlic is soft, about 30 minutes.
- ☐ Set the oven to broil. Slice the loaf of bread in half horizontally, and place cut-side up on a baking sheet.
- ☐ Squeeze the cloves of garlic from their skins into a medium bowl. Stir in the butter, parsley, and Parmesan cheese until well blended.
- ☐ Spread onto the cut sides of the bread.
- ☐ Broil bread until toasted, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:5.2252173491794%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 470.13kcal (23.51%), Fat: 35.43g (54.5%), Saturated Fat: 18.87g (117.91%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 31.05g (11.29%), Sugar: 17.64g (19.6%), Cholesterol: 31.59mg (10.53%), Sodium: 325.59mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Vitamin B3: 2.64mg (13.19%), Vitamin K: 11.5µg (10.95%), Folate: 37.3µg (9.32%), Fiber: 2.22g (8.89%), Manganese: 0.18mg (8.87%), Vitamin A: 408.42IU (8.17%), Iron: 1.43mg (7.93%), Vitamin B1: 0.1mg (6.79%), Vitamin B6: 0.13mg (6.6%), Vitamin E: 0.85mg (5.68%), Potassium: 173.65mg (4.96%), Phosphorus: 48.66mg (4.87%), Vitamin C: 3.94mg (4.78%), Vitamin B2: 0.07mg (4.25%), Calcium: 34.19mg (3.42%), Magnesium: 13.24mg (3.31%), Selenium: 2.07µg (2.96%), Zinc: 0.31mg (2.05%),

Copper: 0.03mg (1.63%)