



WHATShEATe



Rustic Bread with Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



467 kcal

Ingredients

- ☐ 1 loaf peasant bread italian
- ☐ 6 servings olive oil to taste
- ☐ 0.5 cup parmesan grated
- ☐ 6 servings salt to taste

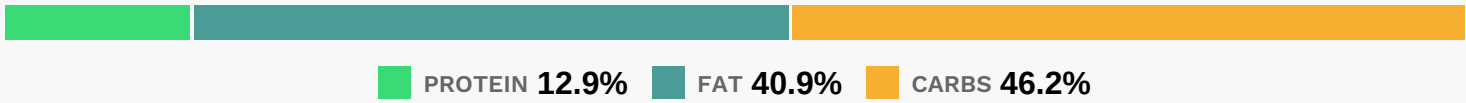
Equipment

- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350 F or a grill to medium-high. Slice loaf of bread in half horizontally.
- ☐ Brush the halves with olive oil.
- ☐ Sprinkle on Parmesan and salt
- ☐ to taste. Arrange the bread with the cheese facing up on a piece of foil.
- ☐ Place in oven or on a grill and heat until the cheese melts, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:29, Inflammation Score:-5, Nutrition Score:17.05956539123%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 466.96kcal (23.35%), Fat: 21.29g (32.75%), Saturated Fat: 4.09g (25.56%), Carbohydrates: 54.1g (18.03%), Net Carbohydrates: 49.57g (18.02%), Sugar: 6.56g (7.29%), Cholesterol: 5.67mg (1.89%), Sodium: 863.64mg (37.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.21%), Manganese: 1.35mg (67.66%), Selenium: 34.52µg (49.31%), Vitamin B3: 6.36mg (31.79%), Vitamin B1: 0.47mg (31.27%), Folate: 96.92µg (24.23%), Calcium: 240.59mg (24.06%), Iron: 4.23mg (23.49%), Phosphorus: 204.03mg (20.4%), Vitamin B2: 0.31mg (18.43%), Fiber: 4.53g (18.13%), Vitamin E: 2.25mg (15%), Vitamin K: 14.12µg (13.45%), Magnesium: 50.14mg (12.53%), Vitamin B5: 0.97mg (9.67%), Zinc: 1.41mg (9.39%), Copper: 0.17mg (8.53%), Vitamin B6: 0.13mg (6.67%), Potassium: 167.65mg (4.79%), Vitamin B12: 0.1µg (1.67%), Vitamin A: 67.35IU (1.35%)