



Sourdough Garlic Bread

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons garlic minced pressed
- ☐ 0.5 cup olive oil
- ☐ 6 tablespoons parmesan cheese grated
- ☐ 3 tablespoons parsley chopped
- ☐ 1 pound loaves of sourdough bread french

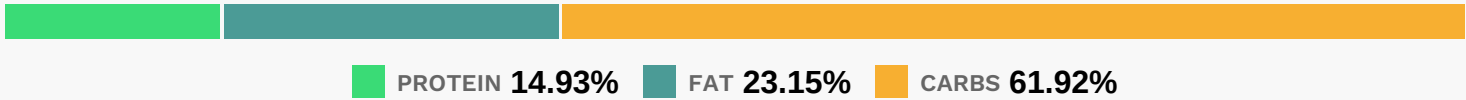
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ In a small bowl, mix 1/2 cup olive oil, 3 tablespoons minced or pressed garlic, and 3 tablespoons chopped parsley.
- ☐ Cut two 1/2-pound loaves of sourdough French bread crosswise into thirds, then cut each third in half horizontally.
- ☐ Brush or spoon garlic mixture generously on the cut side of each piece.
- ☐ Sprinkle each piece with about 1/2 tablespoon grated parmesan cheese.
- ☐ Place pieces (cheese side up) on baking sheets and broil 8 inches from heat until well browned, 3 to 4 minutes each.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:15.32, Inflammation Score:-3, Nutrition Score:6.2291304294182%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 132.59kcal (6.63%), Fat: 3.43g (5.28%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 19.75g (7.18%), Sugar: 1.78g (1.97%), Cholesterol: 2.17mg (0.73%), Sodium: 272.24mg (11.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin B1: 0.27mg (18.26%), Selenium: 11.97µg (17.1%), Vitamin K: 17.82µg (16.98%), Folate: 48.22µg (12.06%), Manganese: 0.24mg (11.76%), Vitamin B2: 0.17mg (10.19%), Vitamin B3: 1.85mg (9.25%), Iron: 1.6mg (8.86%), Phosphorus: 59.18mg (5.92%), Calcium: 46.77mg (4.68%), Fiber: 0.91g (3.63%), Zinc: 0.54mg (3.57%), Magnesium: 13.97mg (3.49%), Vitamin B6: 0.07mg (3.41%), Copper: 0.07mg (3.3%), Vitamin E: 0.36mg (2.4%), Vitamin C: 1.95mg (2.37%), Vitamin A: 106.04IU (2.12%), Potassium: 62.4mg (1.78%), Vitamin B5: 0.15mg (1.5%)