



Spicy garlic bread

 Vegetarian

READY IN



40 min.

SERVINGS



15

CALORIES



468 kcal

SIDE DISH

Ingredients

- ☐ 250 g butter unsalted softened
- ☐ 1 small bunch cilantro leaves finely chopped
- ☐ 2 pepper flakes red deseeded finely chopped
- ☐ 5 garlic clove crushed
- ☐ 2 tsp paprika smoked
- ☐ 5 ciabatta bread

Equipment

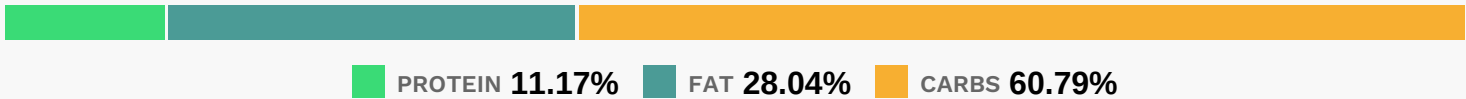
- ☐ bowl

- ☐ oven
- ☐ aluminum foil
- ☐ bread knife

Directions

- ☐ In a small bowl, combine tsp salt with all the ingredients apart from the ciabatta. Mash together with a fork so everything is combined.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Using a bread knife, cut diagonal slices into the loaves, about three-quarters of the way through.
- ☐ Spread the butter into the slices, then wrap each loaf in a double layer of foil.
- ☐ Bake in the oven for 15 mins, then open up the foil and bake for a further 10 mins until crispy.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:2.3447826038236%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 467.76kcal (23.39%), Fat: 14.64g (22.52%), Saturated Fat: 9.17g (57.32%), Carbohydrates: 71.38g (23.79%), Net Carbohydrates: 69.51g (25.28%), Sugar: 0.37g (0.41%), Cholesterol: 35.83mg (11.94%), Sodium: 737.97mg (32.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.23%), Vitamin A: 641.04IU (12.82%), Vitamin C: 9.08mg (11.01%), Fiber: 1.87g (7.48%), Vitamin K: 3.89µg (3.71%), Vitamin E: 0.52mg (3.47%), Vitamin B6: 0.05mg (2.49%), Manganese: 0.04mg (1.76%), Vitamin D: 0.25µg (1.67%), Potassium: 36.19mg (1.03%)