



Unbelievable Grilled Garlic Bread

READY IN



35 min.

SERVINGS



12

CALORIES



279 kcal

SIDE DISH

Ingredients

- 1 pound bread french halved lengthwise
- 6 cloves garlic minced peeled
- 1 tablespoon half-and-half
- 1 cup mayonnaise
- 0.3 teaspoon paprika
- 0.8 cup parmesan cheese grated
- 0.5 cup cheddar cheese shredded

Equipment

- bowl
- sauce pan
- grill
- aluminum foil

Directions

- Preheat grill for medium heat.
- In a medium bowl, mix the mayonnaise, garlic, and Parmesan cheese. In a saucepan over medium-low heat, mix the Cheddar cheese, half-and-half, and paprika. Stir constantly until melted and smooth.
- Pour into the bowl with mayonnaise mixture, stirring until well blended.
- Place the French bread on the grill cut side down, and let it toast for a few minutes.
- Remove from the grill, and spread the cheese mixture on each side.
- Place the halves back together, and wrap the loaf in aluminum foil. Return to the grill for about 15 minutes, turning occasionally, until the loaf is heated through and the cheese mixture is hot.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:15.35, Inflammation Score:-3, Nutrition Score:7.9317392033079%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 279.26kcal (13.96%), Fat: 18.38g (28.28%), Saturated Fat: 4.35g (27.17%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 20.31g (7.39%), Sugar: 1.94g (2.16%), Cholesterol: 18.42mg (6.14%), Sodium: 487.3mg (21.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin K: 30.99µg (29.51%), Selenium: 15.02µg (21.45%), Vitamin B1: 0.28mg (18.45%), Vitamin B2: 0.21mg (12.46%), Folate: 48.89µg (12.22%), Manganese: 0.23mg (11.55%), Calcium: 113.83mg (11.38%), Phosphorus: 108.41mg (10.84%), Vitamin B3: 1.85mg (9.23%), Iron: 1.59mg (8.82%), Zinc: 0.89mg (5.92%), Vitamin E: 0.78mg (5.17%), Magnesium: 16.32mg (4.08%), Vitamin B6: 0.07mg (3.52%), Fiber: 0.88g (3.51%), Copper: 0.07mg (3.5%), Vitamin A: 138.46IU (2.77%), Vitamin B12: 0.16µg (2.65%),

Vitamin B5: 0.21mg (2.12%), Potassium: 71.7mg (2.05%)