



Warm Garlic-Oregano Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

Ingredients

- 1 loaf country bread
- 1 garlic clove
- 2 tablespoons olive oil
- 2 tablespoons oregano fresh

Equipment

- oven

Directions

- Peel and halve 1 garlic clove. Roughly chop 2 tablespoons fresh oregano. Slice a loaf of country bread into 12 1/2-inch slices. Using about 2 tablespoons of olive oil, brush some onto 1 side of each slice, then rub with the cut side of the garlic. Toast in the oven at 375 F until lightly golden, 3 to 4 minutes.
- Remove and sprinkle with some of the oregano, and serve.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:43.49, Inflammation Score:-10, Nutrition Score:24.61956531846%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 535.42kcal (26.77%), Fat: 14.81g (22.79%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 82.72g (27.57%), Net Carbohydrates: 74.84g (27.22%), Sugar: 9.85g (10.95%), Cholesterol: 0mg (0%), Sodium: 804.99mg (35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.93%), Manganese: 2.16mg (108.18%), Selenium: 49.18µg (70.26%), Vitamin B3: 9.62mg (48.12%), Vitamin B1: 0.7mg (46.98%), Iron: 7.09mg (39.4%), Folate: 150.45µg (37.61%), Fiber: 7.88g (31.51%), Vitamin K: 28.1µg (26.76%), Vitamin B2: 0.44mg (26.02%), Calcium: 253.85mg (25.39%), Phosphorus: 224.15mg (22.41%), Magnesium: 76.64mg (19.16%), Vitamin B5: 1.42mg (14.21%), Copper: 0.27mg (13.48%), Zinc: 1.84mg (12.29%), Vitamin E: 1.79mg (11.92%), Vitamin B6: 0.22mg (11.2%), Potassium: 274.28mg (7.84%)