



Warm Herb Garlic Bread

READY IN



20 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 sister schubert's loaf mini thawed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 small garlic clove finely minced
- ☐ 1 pinch ground pepper black
- ☐ 2 tablespoons parmesan cheese grated

Equipment

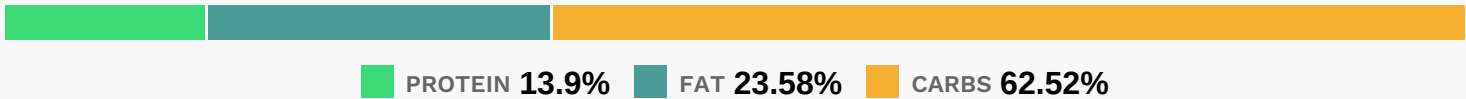
- ☐ frying pan

- ☐ oven
- ☐ mixing bowl
- ☐ spatula

Directions

- ☐ Preheat the oven to 325 degrees F. Once the Sister Schubert Mini Loaf is thawed gently remove it from pan. Partially separate each piece and return loaf to pan.
- ☐ In a small mixing bowl, combine butter, garlic, parsley, Parmesan cheese and pepper. Using a small metal spatula spread each side of the bread with the mixture.
- ☐ Spread the top surface with the remaining mixture.
- ☐ Place loaf in oven and bake 8 to 10 minutes or until warm.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:40.09, Inflammation Score:-6, Nutrition Score:13.705652224629%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 334.26kcal (16.71%), Fat: 8.81g (13.55%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 50.29g (18.29%), Sugar: 4.64g (5.16%), Cholesterol: 17.23mg (5.74%), Sodium: 691.45mg (30.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.36%), Vitamin B1: 0.71mg (47.56%), Selenium: 29.65µg (42.36%), Folate: 124.91µg (31.23%), Manganese: 0.54mg (27.17%), Vitamin B2: 0.44mg (25.87%), Vitamin B3: 4.84mg (24.22%), Iron: 4mg (22.22%), Vitamin K: 17.69µg (16.84%), Phosphorus: 124.3mg (12.43%), Fiber: 2.26g (9.02%), Magnesium: 33.75mg (8.44%), Calcium: 78.63mg (7.86%), Copper: 0.16mg (7.85%), Zinc: 1.17mg (7.83%), Vitamin B6: 0.12mg (5.98%), Vitamin A: 281IU (5.62%), Potassium: 132.16mg (3.78%), Vitamin B5: 0.36mg (3.59%), Vitamin E: 0.39mg (2.62%), Vitamin C: 1.56mg (1.9%)