



## Whole-Grain Herbed Garlic Bread

READY IN



75 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 2 tablespoons parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 0.5 head garlic split (horizontally )
- 4 servings kosher salt
- 2 teaspoons olive oil
- 1.5 tablespoons parmesan finely grated
- 4 ounce hoagie roll halved lengthwise

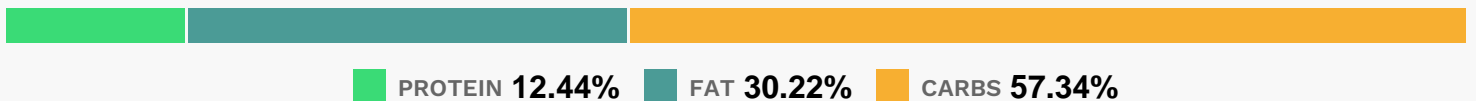
### Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- butter knife

## Directions

- Preheat the oven to 375 degrees F.
- Place the garlic on a double-thick square of aluminum foil, drizzle with 1/2 teaspoon of the oil and fold up the foil to enclose the garlic securely.
- Place the garlic directly on the oven rack and bake until it is golden brown and meltingly soft, about 1 hour. Unwrap and set aside until cool enough to handle, about 5 minutes.
- Combine the parsley, thyme and remaining 1 1/2 teaspoons olive oil in a small bowl.
- Remove the roasted garlic cloves from the white papery husks with the tip of a butter knife and place them in the bowl. Mash with a fork until smooth and spreadable.
- Spread the mixture evenly over the bread halves and sprinkle with the Parmesan and salt to taste.
- Place on a baking sheet and broil (about 6 inches from the heat source) until the top is just browned, about 2 minutes.
- Cut into 4 pieces and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:51.75, Glycemic Load:9.58, Inflammation Score:-7, Nutrition Score:4.1573913575191%

## Flavonoids

Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 101.15kcal (5.06%), Fat: 3.41g (5.25%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 13.87g (5.04%), Sugar: 1.8g (2%), Cholesterol: 1.27mg (0.43%), Sodium: 342.47mg (14.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin K: 34.1µg (32.47%), Iron: 4.64mg (25.77%), Vitamin C: 5.35mg (6.49%), Vitamin A: 230.95IU (4.62%), Manganese: 0.08mg (3.99%), Calcium: 38.04mg (3.8%), Fiber: 0.7g (2.82%), Vitamin B6: 0.05mg (2.52%), Vitamin E: 0.31mg (2.07%), Phosphorus: 20.59mg (2.06%), Selenium: 0.92µg (1.32%), Magnesium: 4.3mg (1.08%)