



Zesty Roasted Garlic Bread

 Vegetarian

READY IN



43 min.

SERVINGS



8

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter softened 2-sticks
- ☐ 1 head garlic unpeeled
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons parsley leaves minced
- ☐ 0.5 teaspoon salt
- ☐ 1 loaf sourdough bread split

Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Cut top off garlic head.
- ☐ Place garlic on a piece of aluminum foil; drizzle with olive oil. Fold edges together to seal.
- ☐ Bake 30 minutes; cool.
- ☐ Squeeze cooked garlic into a medium bowl. Garlic will be soft and sticky.
- ☐ Add butter, parsley salt and pepper, stirring to combine.
- ☐ Spread cut halves of bread evenly with garlic butter mixture. Broil 5 1/2 inches from heat, with oven door partially opened, for 2 to 3 minutes, or until butter melts and bread is toasted.
- ☐ Cut into slices to serve.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:23.02, Inflammation Score:-6, Nutrition Score:9.9491304651551%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 379.01kcal (18.95%), Fat: 26.17g (40.26%), Saturated Fat: 15.13g (94.58%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 29.34g (10.67%), Sugar: 2.68g (2.98%), Cholesterol: 61.01mg (20.34%), Sodium: 670.17mg (29.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.27%), Vitamin B1: 0.41mg (27.46%), Vitamin K: 28.3µg (26.95%), Selenium: 16.98µg (24.26%), Manganese: 0.37mg (18.7%), Folate: 72.91µg (18.23%), Vitamin A: 836.45IU (16.73%), Vitamin B2: 0.26mg (15.12%), Vitamin B3: 2.79mg (13.93%), Iron: 2.4mg (13.31%), Phosphorus: 72.69mg (7.27%), Vitamin E: 1.04mg (6.96%), Fiber: 1.4g (5.6%), Vitamin B6: 0.11mg (5.33%),

Magnesium: 20.53mg (5.13%), Copper: 0.1mg (5.03%), Calcium: 45.32mg (4.53%), Zinc: 0.67mg (4.49%), Vitamin C: 3.09mg (3.74%), Potassium: 97.11mg (2.77%), Vitamin B5: 0.25mg (2.49%)