



Zola's Adventure Garlic Bread

READY IN



35 min.

SERVINGS



16

CALORIES



224 kcal

SIDE DISH

Ingredients

- 1 pound bread cut in half horizontally
- 0.3 cup butter softened
- 4 cloves garlic chopped
- 1 cup maple syrup
- 1 medium onion chopped
- 0.7 cup pecorino cheese freshly grated
- 2 cups cranberries dried with cranberries, without chocolate pieces

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- broiler

Directions

- Melt 1/2 cup of butter in a saucepan over medium heat.
- Add the onion; cook and stir until deep brown, about 15 minutes. Stir in the maple syrup and trail mix.
- Heat to 300 to 310 degrees F (149 to 154 degrees C), or until a small amount of syrup drizzled from a spoon forms hard, brittle threads.
- Pour onto parchment paper, and allow to cool.
- Preheat the oven's broiler.
- In a small bowl, stir together the remaining butter and garlic.
- Spread onto the cut side of the focaccia bread halves. Crumble the candied trail mix and onion over the garlic butter, and top with Romano cheese.
- Place the focaccia onto a baking sheet.
- Broil for 3 to 5 minutes, or until golden brown.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:14.32, Glycemic Load:12.44, Inflammation Score:-2, Nutrition Score:7.1430435083483%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin:

0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 224.11kcal (11.21%), Fat: 5.46g (8.4%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 38.55g (14.02%), Sugar: 25.01g (27.79%), Cholesterol: 11.96mg (3.99%), Sodium: 209.87mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Manganese: 0.86mg (43.16%), Vitamin B2: 0.35mg (20.62%), Selenium: 9.04µg (12.91%), Calcium: 106.86mg (10.69%), Vitamin B1: 0.14mg (9.21%), Vitamin B3: 1.7mg (8.51%), Fiber: 2.07g (8.28%), Phosphorus: 73.44mg (7.34%), Folate: 25.82µg (6.46%), Iron: 1.16mg (6.45%), Magnesium: 19.11mg (4.78%), Zinc: 0.58mg (3.88%), Potassium: 110.16mg (3.15%), Vitamin E: 0.47mg (3.11%), Vitamin B5: 0.3mg (3%), Vitamin B6: 0.06mg (2.92%), Copper: 0.06mg (2.88%), Vitamin K: 2.92µg (2.78%), Vitamin A: 106.7IU (2.13%), Vitamin C: 0.83mg (1.01%)