

Herbed Bread

Gourmet Eating in South Carolina - (1985)

1 loaf French bread, unsliced
1/2 cup margarine, softened
1/2 teaspoon oregano
1 clove garlic, minced
1 teaspoon dill weed
1/4 cup Parmesan cheese, grated
1/4 cup margarine, melted

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Preheat the oven to 400 degrees.

In a bowl, mix the oregano, garlic, dill weed and margarine.

Slice the bread into one-inch pieces (Do not slice all of the way through).

Spread the slices with the herbed butter.

Brush the top of the loaf with melted margarine. Sprinkle with Parmesan. Wrap in foil.

Heat until done.

Per Serving (excluding unknown items): 2156 Calories; 111g Fat (46.3% calories from fat); 50g Protein; 239g Carbohydrate; 14g Dietary Fiber; 16mg Cholesterol; 4204mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 21 1/2 Fat.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	2156
% Calories from Fat:	46.3%
% Calories from Carbohydrates:	44.5%
% Calories from Protein:	9.2%
Total Fat (g):	111g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	51g
Polyunsaturated Fat (g):	31g
Cholesterol (mg):	16mg
Carbohydrate (g):	239g
	14g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	2.4mg
Riboflavin B2 (mg):	1.6mg
Folacin (mcg):	436mcg
Niacin (mg):	22mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

15 1/2

Dietary Fiber (g):
Protein (g): 50g
Sodium (mg): 4204mg
Potassium (mg): 641mg
Calcium (mg): 685mg
Iron (mg): 13mg
Zinc (mg): 5mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 4288IU
Vitamin A (r.e.): 956 1/2RE

Grain (Starch):
Lean Meat: 1
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 21 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2156 **Calories from Fat:** 998

% Daily Values*

Total Fat 111g	170%
Saturated Fat 23g	113%
Cholesterol 16mg	5%
Sodium 4204mg	175%
Total Carbohydrates 239g	80%
Dietary Fiber 14g	56%
Protein 50g	
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Vitamin A	86%
Vitamin C	3%
Calcium	68%
Iron	70%

* Percent Daily Values are based on a 2000 calorie diet.