



## Focaccia with Grilled Garlic

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



257 kcal

### Ingredients

- 2 large fennel bulb
- 1 tablespoon vegetable oil
- 1 teaspoon thyme leaves dried fresh chopped
- 16 ounces flour

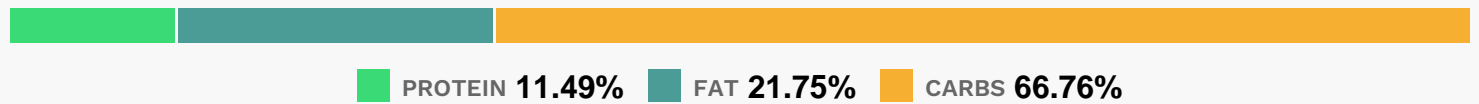
### Equipment

- grill
- aluminum foil

## Directions

- Heat coals or gas grill for direct heat. Peel loose paperlike layers from garlic bulbs, but do not separate cloves.
- Place each garlic bulb on 18-inch square of heavy-duty foil.
- Brush with oil; sprinkle with thyme. Wrap bulbs securely in foil.
- Cover and grill garlic 4 to 6 inches from medium heat 25 to 35 minutes or until garlic cloves are very soft.
- Add focaccia to side of grill for last 8 to 10 minutes of grilling, turning once, until golden brown. To serve, squeeze garlic out of individual cloves onto slices of focaccia.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:16.71, Inflammation Score:-4, Nutrition Score:5.845217316047%

## Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 256.99kcal (12.85%), Fat: 6.4g (9.85%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 44.23g (14.74%), Net Carbohydrates: 40.44g (14.71%), Sugar: 4.39g (4.88%), Cholesterol: 0mg (0%), Sodium: 478.31mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.23%), Vitamin K: 53.15µg (50.62%), Fiber: 3.79g (15.15%), Vitamin C: 9.89mg (11.99%), Potassium: 324.95mg (9.28%), Manganese: 0.15mg (7.74%), Folate: 21.21µg (5.3%), Vitamin E: 0.64mg (4.25%), Calcium: 39.57mg (3.96%), Phosphorus: 39.35mg (3.94%), Iron: 0.63mg (3.49%), Magnesium: 13.79mg (3.45%), Copper: 0.05mg (2.67%), Vitamin B3: 0.51mg (2.53%), Vitamin A: 120.36IU (2.41%), Vitamin B6: 0.04mg (1.89%), Vitamin B5: 0.18mg (1.82%), Vitamin B2: 0.03mg (1.56%), Zinc: 0.16mg (1.08%)