



Focaccia with Grilled Garlic



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



229 kcal

Ingredients

- ☐ 16 ounces bread
- ☐ 2 large garlic
- ☐ 1 tablespoon vegetable oil

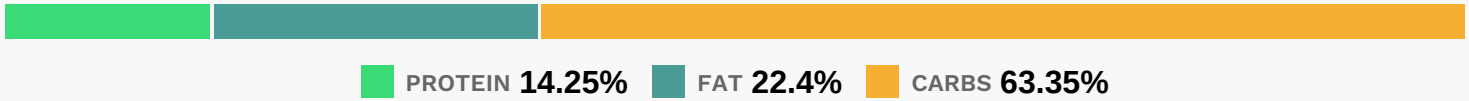
Equipment

- ☐ 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:14.78, Glycemic Load:19.39, Inflammation Score:-3, Nutrition Score:10.300000018319%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 228.67kcal (11.43%), Fat: 5.7g (8.76%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 33.2g (12.07%), Sugar: 4.34g (4.82%), Cholesterol: 0mg (0%), Sodium: 357.75mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.31%), Manganese: 0.92mg (45.89%), Selenium: 21.91µg (31.31%), Vitamin B3: 4.23mg (21.16%), Vitamin B1: 0.31mg (20.85%), Folate: 64.29µg (16.07%), Iron: 2.74mg (15.22%), Fiber: 3.04g (12.18%), Vitamin B2: 0.19mg (11.27%), Phosphorus: 99.05mg (9.91%), Calcium: 96.31mg (9.63%), Magnesium: 31.25mg (7.81%), Vitamin K: 7.89µg (7.51%), Vitamin B5: 0.63mg (6.26%), Copper: 0.11mg (5.74%), Zinc: 0.8mg (5.32%), Vitamin B6: 0.1mg (4.82%), Potassium: 110.6mg (3.16%), Vitamin E: 0.33mg (2.2%)