



Garlic Confit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



20 kcal

CONDIMENT

DIP

SPREAD

Ingredients

☐ 24 garlic cloves peeled

☐ 1 cup olive oil

Equipment

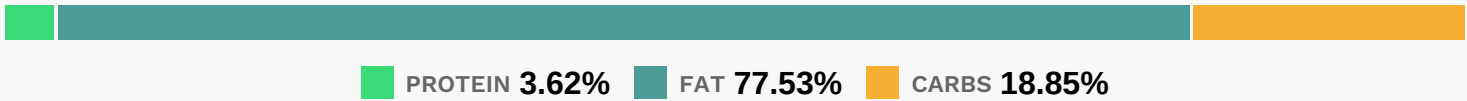
☐ sauce pan

Directions

☐ Heat oil in small saucepan over medium-low heat.

Add garlic; cook over very low heat until soft, about 1 hour (do not brown). DO AHEAD: Can be made 1 month ahead. Keep chilled and completely covered in oil. Always use clean spoon to remove garlic.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:0.54913043935338%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 20.38kcal (1.02%), Fat: 1.82g (2.79%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 0.55mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Manganese: 0.05mg (2.51%), Vitamin B6: 0.04mg (1.86%), Vitamin E: 0.26mg (1.74%), Vitamin C: 0.94mg (1.13%), Vitamin K: 1.13µg (1.08%)