



Garlic Herb Paste

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



13 kcal

SIDE DISH

Ingredients

- 1 teaspoon rosemary dried crushed
- 2 teaspoons thyme leaves dried
- 6 cloves garlic minced
- 1 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- bowl

Directions

- Combine all ingredients in a small bowl; mash into a smooth paste. Use to rub onto chicken, beef, pork, or lamb before cooking.

Nutrition Facts

PROTEIN 14.21% **FAT 6.62%** **CARBS 79.17%**

Properties

Glycemic Index:44, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:2.2813043853511%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 12.56kcal (0.63%), Fat: 0.11g (0.16%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.08g (0.08%), Cholesterol: 0mg (0%), Sodium: 389.12mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Vitamin K: 12.62µg (12.02%), Manganese: 0.24mg (11.97%), Iron: 1mg (5.58%), Vitamin B6: 0.08mg (4.03%), Calcium: 27.08mg (2.71%), Vitamin C: 2.23mg (2.7%), Fiber: 0.56g (2.22%), Copper: 0.03mg (1.65%), Selenium: 0.92µg (1.31%), Phosphorus: 11.6mg (1.16%), Potassium: 38.74mg (1.11%), Vitamin B1: 0.02mg (1.09%), Magnesium: 4.19mg (1.05%)