



Garlic-Romano Dipping Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



519 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 clove garlic pressed
- ☐ 1 loaf bread italian cubed
- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 cup romano cheese grated

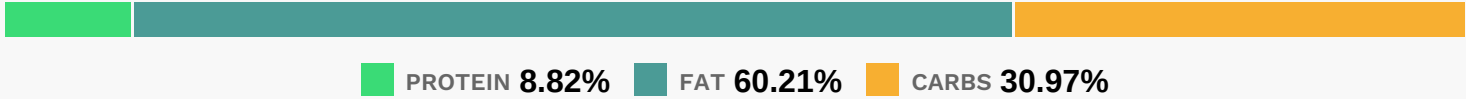
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Whisk together all ingredients except bread in a small bowl; mix until well combined. Cover and refrigerate until ready to serve. Bring sauce to room temperature before serving with bread.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:5.7047826336778%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 518.59kcal (25.93%), Fat: 34.76g (53.47%), Saturated Fat: 17.85g (111.55%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 37.54g (13.65%), Sugar: 23.46g (26.07%), Cholesterol: 17.33mg (5.78%), Sodium: 481.63mg (20.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Calcium: 178.55mg (17.85%), Vitamin B3: 3.42mg (17.12%), Phosphorus: 155.62mg (15.56%), Folate: 48.77µg (12.19%), Fiber: 2.68g (10.73%), Iron: 1.76mg (9.76%), Vitamin B2: 0.13mg (7.7%), Vitamin B1: 0.11mg (7.54%), Potassium: 181.83mg (5.2%), Magnesium: 19.92mg (4.98%), Zinc: 0.59mg (3.94%), Vitamin E: 0.59mg (3.93%), Selenium: 2.5µg (3.58%), Vitamin B12: 0.19µg (3.11%), Vitamin K: 2.63µg (2.51%), Vitamin A: 93.92IU (1.88%), Vitamin B6: 0.02mg (1.11%)