



Garlic Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic cloves peeled
- ☐ 5 garlic cloves crushed
- ☐ 1 cup red wine vinegar
- ☐ 2 tablespoons shallots minced

Equipment

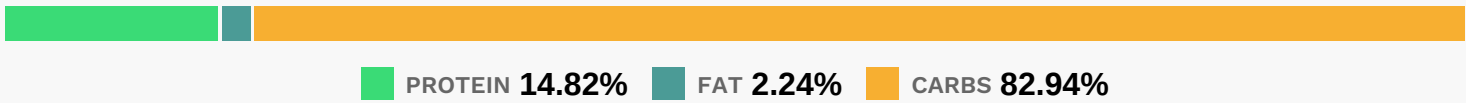
- ☐ bowl
- ☐ sieve
- ☐ skewers

☐ cheesecloth

Directions

- ☐ Combine the first 3 ingredients in a widemouthed jar; cover and let stand 2 weeks in a cool, dark place, gently shaking jar occasionally.
- ☐ Strain vinegar mixture through a cheesecloth-lined sieve into a glass measure or medium bowl, and discard shallots and crushed garlic cloves.
- ☐ Pour into a decorative bottle. Thread peeled garlic cloves onto a bamboo skewer; place in bottle. Seal with a cork or other airtight lid; store in a cool, dark place.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:1.4582608798924%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 25.01kcal (1.25%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.93g (1.07%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 6.53mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Manganese: 0.15mg (7.75%), Vitamin B6: 0.1mg (5.05%), Vitamin C: 2.8mg (3.4%), Iron: 0.44mg (2.46%), Potassium: 67.07mg (1.92%), Phosphorus: 18.11mg (1.81%), Calcium: 17.65mg (1.77%), Copper: 0.03mg (1.53%), Selenium: 1.02µg (1.45%), Magnesium: 5.13mg (1.28%), Fiber: 0.3g (1.21%), Vitamin B1: 0.02mg (1.1%)