



Grilled Garlic with French Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

SIDE DISH

Ingredients



16 slices bread french thin



3 large garlic



1 tablespoon vegetable oil

Equipment



toothpicks



grill

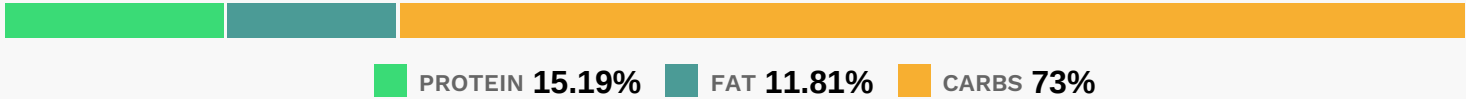


aluminum foil

Directions

- ☐ Carefully peel paperlike skin from around each bulb of garlic, leaving just enough to hold garlic cloves together.
- ☐ Place each garlic bulb on 12-inch square of heavy-duty aluminum foil.
- ☐ Brush bulbs with oil. Wrap foil securely around each bulb.
- ☐ Heat coals or gas grill. Cover and grill 4 inches from medium coals 25 to 35 minutes or until garlic is tender when pierced with toothpick or fork.
- ☐ Grill bread 4 inches from medium coals about 5 minutes, turning once, until golden brown. To serve, gently squeeze garlic out of cloves; spread on bread.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:51.32, Inflammation Score:-6, Nutrition Score:15.758695610192%

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: 364.86kcal (18.24%), Fat: 4.8g (7.39%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 66.8g (22.27%), Net Carbohydrates: 63.96g (23.26%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 770.75mg (33.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.79%), Vitamin B1: 0.91mg (60.74%), Selenium: 36.77µg (52.53%), Folate: 157.47µg (39.37%), Manganese: 0.69mg (34.48%), Vitamin B2: 0.55mg (32.22%), Vitamin B3: 6.18mg (30.89%), Iron: 5.02mg (27.91%), Phosphorus: 136.12mg (13.61%), Fiber: 2.84g (11.36%), Magnesium: 41.24mg (10.31%), Copper: 0.2mg (9.9%), Zinc: 1.34mg (8.96%), Vitamin B6: 0.15mg (7.55%), Calcium: 68.6mg (6.86%), Potassium: 154.27mg (4.41%), Vitamin B5: 0.43mg (4.34%), Vitamin K: 4.04µg (3.85%), Vitamin E: 0.41mg (2.73%)