



Pancetta-wrapped Garlic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 18 large garlic cloves unpeeled ()
- ☐ 4 slices pancetta thin-cut thin
- ☐ 1 tablespoon salt

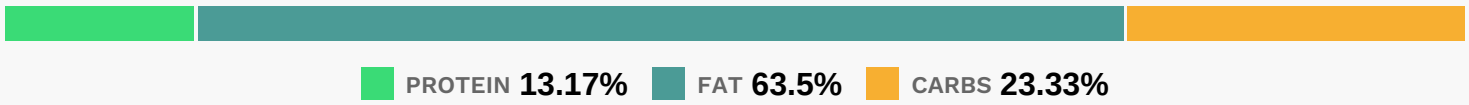
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ toothpicks

Directions

- ☐ Bring a pot of water to a boil.
- ☐ Add garlic and cook 30 seconds.
- ☐ Drain and rinse with cool water. Peel garlic.
- ☐ Bring 1 qt. water to a boil.
- ☐ Add salt and garlic. Bring back to a boil, reduce heat, and simmer until garlic is tender when tested with a fork, 10 to 15 minutes.
- ☐ Drain and let cool.
- ☐ Preheat oven to 37
- ☐ Unroll pancetta slices into strips and cut into 2 1/2-in. lengths. Wrap each garlic clove with a pancetta strip, securing with a toothpick. Put garlic on a baking sheet and bake until sizzling and starting to brown, about 15 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.84, Inflammation Score:-1, Nutrition Score:1.874782640325%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 52.33kcal (2.62%), Fat: 3.75g (5.77%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.91g (1.06%), Sugar: 0.09g (0.1%), Cholesterol: 6.16mg (2.05%), Sodium: 1226.06mg (53.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Manganese: 0.15mg (7.73%), Vitamin B6: 0.14mg (6.82%), Selenium: 3.16µg (4.51%), Vitamin C: 2.81mg (3.4%), Vitamin B1: 0.04mg (2.92%), Phosphorus: 27.21mg (2.72%), Vitamin B3: 0.44mg (2.19%), Calcium: 17.48mg (1.75%), Copper: 0.03mg (1.59%), Potassium: 54.81mg (1.57%), Zinc: 0.22mg (1.45%), Iron: 0.2mg (1.12%), Vitamin B5: 0.11mg (1.05%), Vitamin B2: 0.02mg (1.03%)