



Roasted Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- 1 medium head garlic
- 2 tablespoons olive oil

Equipment

- oven
- baking pan

Directions

- Place in a small baking dish and drizzle with olive oil.
- Bake in preheated oven for 20 minutes, until outside is lightly browned and garlic cloves are soft. When cool enough to touch, squeeze each clove to extract softened garlic.
- Place in a single layer in a small baking dish and drizzle with olive oil.
- Bake for 15 minutes, until garlic is soft.

Nutrition Facts

PROTEIN 2.39%

FAT 85.14%

CARBS 12.47%

Properties

Glycemic Index:7.5, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:1.473913061797%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 72.31kcal (3.62%), Fat: 7.03g (10.82%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 1.33mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Vitamin E: 1.01mg (6.76%), Manganese: 0.12mg (5.85%), Vitamin B6: 0.09mg (4.34%), Vitamin K: 4.33µg (4.13%), Vitamin C: 2.18mg (2.65%), Selenium: 0.99µg (1.42%), Calcium: 12.74mg (1.27%), Phosphorus: 10.71mg (1.07%), Copper: 0.02mg (1.05%)