



## Roasted Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



65 min.

SERVINGS



15

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 medium heads garlic
- 3 tablespoons olive oil

### Equipment

- baking sheet
- oven

### Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Arrange heads of garlic on a baking sheet.
- Sprinkle garlic with olive oil.
- Bake for 40 minutes to 1 hour, when the garlic is soft and squeezable, it is ready.
- Remove, let cool, and serve.

## Nutrition Facts

**PROTEIN 0.65%** **FAT 96%** **CARBS 3.35%**

### Properties

Glycemic Index:2, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.28565217676046%

### Flavonoids

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: 25.75kcal (1.29%), Fat: 2.8g (4.31%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 0.17mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin E: 0.4mg (2.69%), Vitamin K: 1.7µg (1.62%)