



Roasted Garlic

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



153 kcal

SIDE DISH

Ingredients

- 2 fennel bulb
- 4 teaspoons vegetable oil
- 1 serving salt and pepper to taste
- 1 serving bread french sliced

Equipment

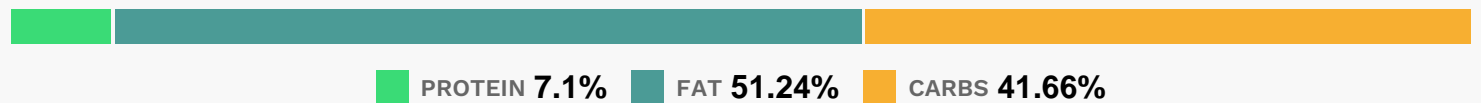
- oven
- baking pan
- toothpicks

aluminum foil

Directions

- Heat oven to 350°F.
- Carefully peel paperlike skin from around each bulb of garlic, leaving just enough to hold garlic cloves together.
- Cut 1/4 to 1/2 inch from top of each bulb to expose cloves.
- Place cut side up on 12-inch square of aluminum foil.
- Drizzle each bulb with 2 teaspoons oil.
- Sprinkle with salt and pepper. Wrap securely in foil.
- Place in pie plate or shallow baking pan.
- Bake 45 to 50 minutes or until garlic is tender when pierced with toothpick or fork. Cool slightly. To serve, gently squeeze soft garlic out of cloves.
- Spread on bread.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:4.62, Inflammation Score:-5, Nutrition Score:14.378260902736%

Flavonoids

Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 153.46kcal (7.67%), Fat: 9.48g (14.58%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 10.08g (3.66%), Sugar: 9.22g (10.24%), Cholesterol: 0mg (0%), Sodium: 221.59mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin K: 163.51µg (155.72%), Vitamin C: 28.08mg (34.04%), Fiber: 7.26g (29.06%), Potassium: 969.37mg (27.7%), Manganese: 0.45mg (22.49%), Folate: 63.79µg (15.95%), Vitamin E: 2.09mg (13.96%), Phosphorus: 117.53mg (11.75%), Calcium: 114.98mg (11.5%), Magnesium: 39.94mg (9.99%), Iron: 1.73mg (9.61%), Copper: 0.16mg (7.76%), Vitamin B3: 1.52mg (7.61%), Vitamin A: 313.56IU (6.27%), Vitamin B6: 0.11mg (5.53%), Vitamin B5: 0.54mg (5.45%), Vitamin B2: 0.08mg (4.53%), Zinc: 0.47mg (3.16%), Selenium: 1.78µg (2.54%), Vitamin B1: 0.03mg (1.8%)