



Roasted Garlic Bread

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 1 loaf top good cut into slices
- ☐ 4 heads garlic
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 8 servings grey salt and pepper black freshly ground
- ☐ 3 sprigs thyme leaves finely chopped
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)

Equipment

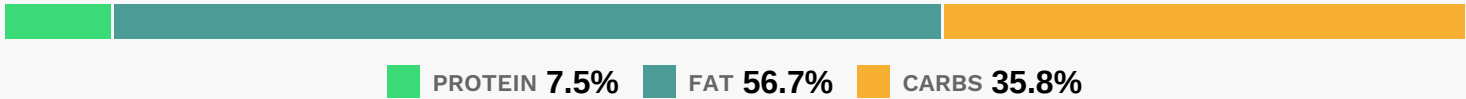
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ grill pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Cut top from each head of garlic, exposing the cloves.
- ☐ Place heads of garlic (cut side up), on a piece of heavy duty aluminum foil.
- ☐ Pour olive oil over them, and top with thyme springs. Season with salt and pepper. Wrap the foil tightly.
- ☐ Place in a small ovenproof pan, and bake until the cloves begin to pop out, about 1 hour.
- ☐ Remove from the oven and cool.
- ☐ To remove the cloves, open the foil and squeeze the lower part of the head of garlic. In a small bowl, mash the cloves to form a paste. (At this point the paste can be used or stored in the refrigerator or freezer.)
- ☐ Add butter and chopped thyme to the bowl, stirring to combine. Season with salt and pepper, to taste.
- ☐ Toast both sides of the bread, using a hot grill, grill pan, or broiler.
- ☐ Spread the roasted garlic butter paste onto the toasted bread.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:21.34, Inflammation Score:-7, Nutrition Score:9.4117391122424%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 337.43kcal (16.87%), Fat: 21.65g (33.3%), Saturated Fat: 8.71g (54.46%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 29.28g (10.65%), Sugar: 2.46g (2.73%), Cholesterol: 30.1mg (10.03%), Sodium: 305.15mg (13.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Manganese: 0.52mg (25.79%), Vitamin B1: 0.38mg (25.6%), Selenium: 16.43µg (23.48%), Folate: 62.53µg (15.63%), Vitamin B2: 0.24mg (13.86%), Iron: 2.32mg (12.9%), Vitamin B3: 2.52mg (12.61%), Vitamin E: 1.74mg (11.59%), Vitamin B6: 0.23mg (11.46%), Phosphorus: 77.84mg (7.78%), Vitamin A: 369.48IU (7.39%), Vitamin K: 7.15µg (6.81%), Copper: 0.12mg (6.18%), Vitamin C: 4.97mg (6.02%), Fiber: 1.47g (5.89%), Calcium: 56.75mg (5.68%), Magnesium: 20.55mg (5.14%), Zinc: 0.7mg (4.69%), Potassium: 121.7mg (3.48%), Vitamin B5: 0.27mg (2.69%), Vitamin D: 0.21µg (1.4%)