





Roasted Garlic, Caramelized Shallots and Tarragon Whipped Butter – I Adore Food

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 head garlic
- 1 Tablespoon tarragon fresh chopped
- 1 Pound butter at room temperature
- 1 shallots minced
- 1.5 Tablespoon olive oil
- 0.5 Tablespoon butter

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- hand mixer
- aluminum foil

Directions

- Heat up your oven at 375F. On a piece of foil paper, put your olive oil in a tiny circle. Slice off the bottom part of your head of garlic, just enough to expose the garlic cloves.
- Put the open face of the head of garlic down on the olive oil. Wrap up the foil over the garlic and place on a cookie sheet in the oven for about 25 minutes.
- In the meantime, heat up 1/2 tbsp of butter and 1/2 tbsp of olive oil in a small pan. when the butter is melted, throw in your minced shallot. Cook it on high heat for about a minute, stirring constantly so it does not burn. Bring the heat down to medium low and let it caramelize for about 10 minutes or so, stirring often. When they are ready, turn off the heat and let them cool.
- Chopped your tarragon. In a large bowl, put your butter (cut it in smaller pieces so it is easier to whip). put your tarragon and your shallots.
- Take the garlic out of the oven and squeeze 5 garlic cloves out. Keep the rest to eat later, trust me it tastes amazing!
- If the cloves are a bit burnt on the extremities, chop it off. Finely chop your 5 cloves and then if a knife,make a paste with it. Once the paste has cooled (2-3 minutes), put with the butter. With a hand mixer, whip the butter until everything is well combined. transfer your butter in a butter serving dish and put in the fridge for an hour for it to get a bit harder or leave it like that to serve right away, depending on how you like your butter.
- Serve it with french bread or even on mashed or baked potatoes!
- Enjoy! :)

Nutrition Facts



■ PROTEIN **0.87%** ■ FAT **97.25%** ■ CARBS **1.88%**

Properties

Glycemic Index:7.67, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:0.95521738606951%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 118.95kcal (5.95%), Fat: 13.17g (20.27%), Saturated Fat: 7.99g (49.96%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.08g (0.09%), Cholesterol: 33.01mg (11%), Sodium: 99.14mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin A: 393.59IU (7.87%), Vitamin E: 0.46mg (3.05%), Manganese: 0.04mg (1.83%), Vitamin K: 1.52µg (1.45%), Vitamin B6: 0.02mg (1.03%)