



Roasted Garlic Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- 2 tablespoons dijon mustard
- 3 garlic
- 0.5 cup olive oil divided
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.3 cup citrus champagne vinegar

Equipment

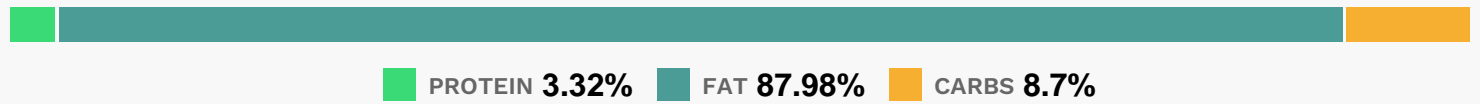
- oven

- blender
- aluminum foil

Directions

- Cut off pointed ends of garlic bulbs; place on a piece of aluminum foil, and drizzle with 3 tablespoons oil. Fold foil to seal.
- Bake at 350 for 40 minutes; cool. Squeeze pulp from cloves.
- Process garlic pulp, remaining 1/2 cup olive oil, vinegar, and next 3 ingredients in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:1.3743478328637%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 58.82kcal (2.94%), Fat: 5.67g (8.72%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 229.55mg (9.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin E: 0.81mg (5.38%), Manganese: 0.09mg (4.6%), Selenium: 2.88µg (4.11%), Vitamin K: 3.61µg (3.43%), Vitamin B6: 0.03mg (1.67%), Fiber: 0.4g (1.61%), Iron: 0.27mg (1.49%), Phosphorus: 12.94mg (1.29%), Vitamin B1: 0.02mg (1.25%), Magnesium: 4.98mg (1.24%), Calcium: 10.39mg (1.04%)