



Roasted-Garlic Herb Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



2

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 12 inch rosemary leaves fresh
- ☐ 24 inch thyme sprigs fresh
- ☐ 2 heads garlic (3 inches wide)
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt

Equipment

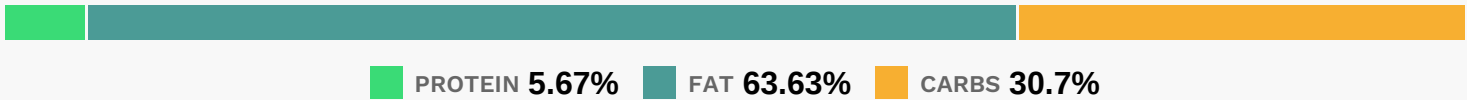
- ☐ bowl

- ☐ oven
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Cut off and discard 1/2 inch from tops of garlic heads, exposing cloves. Put garlic in a pie plate with oil, herbs, salt, and pepper and cover plate tightly with a double layer of foil. Roast until garlic is golden and tender, 1 to 1 1/4 hours.
- ☐ When garlic is cool enough to handle, squeeze cloves into a bowl and pour oil through a fine-mesh sieve onto garlic. Mash well with a fork and season with salt.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:2.69, Inflammation Score:-10, Nutrition Score:7.8799998967544%

Flavonoids

Naringenin: 3.79mg, Naringenin: 3.79mg, Naringenin: 3.79mg, Naringenin: 3.79mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 159kcal (7.95%), Fat: 11.86g (18.25%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 9.91g (3.6%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 590.47mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Manganese: 0.67mg (33.42%), Vitamin B6: 0.4mg (20.17%), Vitamin C: 13.98mg (16.94%), Fiber: 2.97g (11.87%), Calcium: 105.43mg (10.54%), Vitamin E: 1.58mg (10.53%), Vitamin A: 506.52IU (10.13%), Iron: 1.79mg (9.94%), Vitamin K: 7.39µg (7.04%), Copper: 0.14mg (7%), Potassium: 224.94mg (6.43%), Magnesium: 23.23mg (5.81%), Selenium: 3.99µg (5.7%), Phosphorus: 54.57mg (5.46%), Folate: 18.03µg (4.51%), Vitamin B1: 0.06mg (4.16%), Vitamin B2: 0.06mg (3.53%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.3mg (2.98%), Vitamin B3: 0.36mg (1.8%)