



Roasted Garlic-Lemon Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



11 kcal

SAUCE

Ingredients

- 3 large heads garlic
- 2 tablespoons juice of lemon fresh
- 1 tablespoon soya sauce low-sodium
- 0.1 teaspoon pepper freshly ground
- 0.1 teaspoon salt
- 1.5 teaspoons citrus champagne vinegar

Equipment

- food processor

- oven
- aluminum foil

Directions

- Peel outer skin from each garlic head and discard.
- Cut off top one-third of each garlic head.
- Place garlic, cut side up, in center of a piece of heavy-duty aluminum foil. Fold foil over garlic, sealing tightly.
- Bake at 350 for 1 hour or until garlic is soft.
- Remove from oven; cool 10 minutes.
- Remove and discard papery skin from garlic. Squeeze pulp from each clove or scoop out with a spoon.
- Combine garlic pulp, lemon juice, and remaining ingredients in container of a small food processor; process until smooth.
- Serve at room temperature with chicken, pork, or vegetables.

Nutrition Facts

PROTEIN 28.44% **FAT 5.17%** **CARBS 66.39%**

Properties

Glycemic Index:31, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.2160869602762%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 11.12kcal (0.56%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 434.07mg (18.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin C: 6.29mg (7.63%), Manganese: 0.08mg (3.94%), Vitamin B6: 0.04mg (1.93%), Magnesium: 7.16mg (1.79%), Phosphorus: 17.27mg (1.73%), Folate: 6.59µg (1.65%), Potassium: 52.78mg (1.51%), Vitamin B2: 0.02mg (1.37%)