

Roasted-Garlic Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients



6 large garlic clove peeled halved



1 cup olive oil extra virgin extra-virgin

Equipment



frying pan

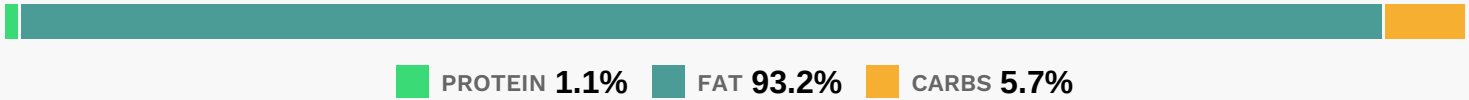


oven

Directions

- ☐
- Preheat oven to 350°F.
- ☐
- Place garlic cloves and 1 tablespoon olive oil in small ovenproof skillet; stir to coat. Roast in oven until garlic is just golden, shaking pan occasionally, about 15 minutes.
- ☐
- Add extra-virgin olive oil; cool in skillet.
- ☐
- Transfer oil and garlic to jar. Seal tightly; store in refrigerator up to 2 weeks (keep garlic in oil for flavor and looks, but use only oil in recipes).

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:1.3760869817241%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 102.18kcal (5.11%), Fat: 10.82g (16.65%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 0.98mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Vitamin E: 1.56mg (10.39%), Vitamin K: 6.58µg (6.26%), Manganese: 0.08mg (3.76%), Vitamin B6: 0.06mg (2.79%), Vitamin C: 1.4mg (1.7%)