



## Roasted-Garlic Puppodums

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



20 kcal

SIDE DISH

### Ingredients

- 0.3 cup cilantro leaves fresh minced
- 2 large garlic heads whole
- 1 tablespoon olive oil
- 2 serrano chiles seeded finely chopped
- 2 tablespoons tomato paste
- 8 indian puppodums (such as Sharwood's)
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### Equipment

- oven
- aluminum foil
- microwave

## Directions

- Preheat oven to 40
- Remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil.
- Bake at 400 for 45 minutes; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- Combine the garlic, cilantro, tomato paste, oil, and chiles.
- Microwave 1 puppodum at a time at HIGH 40 to 50 seconds or until edges curl and entire puppodum is cream colored, turning as necessary to avoid uncooked spots.
- Spread 1 tablespoon garlic spread over each puppodum.

## Nutrition Facts

**PROTEIN 4.77%** **FAT 74.38%** **CARBS 20.85%**

## Properties

Glycemic Index:13.38, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:0.95695651614148%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 20.46kcal (1.02%), Fat: 1.78g (2.74%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 32.14mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin K: 3.25µg (3.09%), Vitamin E: 0.45mg (2.98%), Vitamin C: 1.92mg (2.33%), Vitamin A: 108.86IU (2.18%), Manganese: 0.03mg (1.48%), Potassium: 50.76mg (1.45%), Vitamin B6: 0.03mg (1.31%)