



## Roasted Garlic-Red Pepper Butter

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter
- 1 tablespoon basil fresh chopped
- 1 garlic bulb
- 0.5 teaspoon olive oil
- 0.7 cup parmesan cheese grated
- 2 tablespoons roasted bell peppers red jarred finely chopped

### Equipment

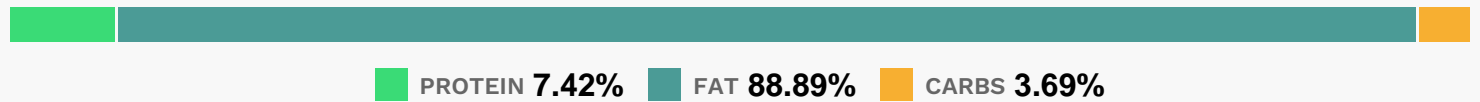
- bowl

- oven
- aluminum foil

## Directions

- Let butter stand until room temperature. (Butter should be very soft.)
- Cut off pointed end of garlic; place garlic on a piece of aluminum foil, and drizzle with oil. Fold foil to seal.
- Bake at 400 for 1 hour; cool. Squeeze pulp from garlic cloves.
- Combine 1 1/2 tsp. pulp and butter in a medium bowl, reserving remaining garlic for another use. Stir in peppers and basil.
- Brush on hot grilled corn, and sprinkle evenly with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:1.1173913128998%

## Nutrients (% of daily need)

Calories: 74.83kcal (3.74%), Fat: 7.52g (11.57%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.01g (0.01%), Cholesterol: 20.14mg (6.71%), Sodium: 153.46mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin A: 244.84IU (4.9%), Calcium: 42.51mg (4.25%), Phosphorus: 30.77mg (3.08%), Selenium: 1.67µg (2.38%), Vitamin E: 0.22mg (1.46%), Zinc: 0.21mg (1.37%), Vitamin C: 1mg (1.22%), Vitamin B12: 0.07µg (1.21%), Vitamin K: 1.24µg (1.18%), Vitamin B2: 0.02mg (1.11%)