



Roasted Garlic Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



274 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 garlic bulbs
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup parmesan cheese shredded
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 cup whipping cream

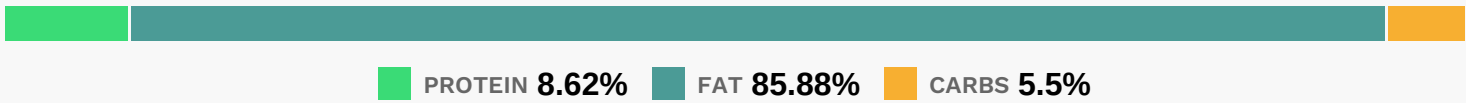
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut off pointed end of garlic bulb; place garlic on a piece of aluminum foil, and drizzle with olive oil. Fold foil to seal.
- ☐ Bake at 425 for 30 minutes.
- ☐ Remove from oven, and cool. Squeeze pulp from garlic cloves.
- ☐ Cook garlic pulp, whipping cream, butter, and flour in a medium saucepan over medium-high heat, stirring constantly, until thickened and bubbly.
- ☐ Remove from heat, and stir in Parmesan cheese, salt, and pepper until smooth.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:1.6, Inflammation Score:-5, Nutrition Score:4.4369565689045%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 274.27kcal (13.71%), Fat: 26.58g (40.9%), Saturated Fat: 16.23g (101.41%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.72g (1.35%), Sugar: 1.28g (1.42%), Cholesterol: 73.66mg (24.55%), Sodium: 368.94mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.01%), Vitamin A: 917.63IU (18.35%), Calcium: 179.08mg (17.91%), Phosphorus: 116.39mg (11.64%), Vitamin B2: 0.13mg (7.82%), Selenium: 5.09µg (7.27%), Vitamin E: 0.81mg (5.38%), Vitamin D: 0.7µg (4.65%), Vitamin B12: 0.23µg (3.83%), Zinc: 0.48mg (3.19%), Vitamin K: 3.11µg (2.96%), Manganese: 0.05mg (2.38%), Magnesium: 9.41mg (2.35%), Vitamin B1: 0.04mg (2.33%), Vitamin B6: 0.04mg (1.96%), Vitamin B5: 0.19mg (1.86%), Folate: 7.36µg (1.84%), Potassium: 59.28mg (1.69%), Iron: 0.29mg (1.63%), Vitamin B3: 0.22mg (1.09%)