



Roasted Garlic Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



79 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 5 large garlic bulbs
- ☐ 3 tablespoons olive oil
- ☐ 5 servings salt and pepper to taste

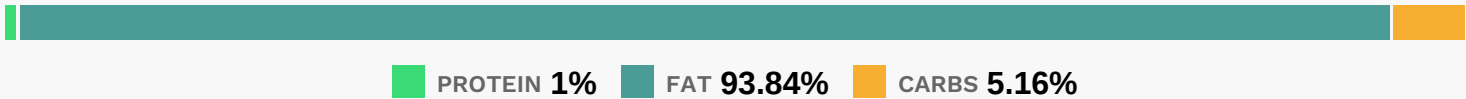
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut off pointed end of 5 large garlic bulbs.
- ☐ Place garlic bulbs on a piece of aluminum foil, and drizzle with 1 Tbsp. olive oil. Fold foil to seal.
- ☐ Bake at 400 for 1 hour. Squeeze pulp from garlic into a small bowl. Stir in 2 Tbsp. olive oil, 1/2 tsp. chopped fresh thyme, and salt and pepper to taste.
- ☐ Serve with toasted bread slices, if desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:1.0665217416118%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 78.93kcal (3.95%), Fat: 8.42g (12.95%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 194.49mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin E: 1.21mg (8.08%), Vitamin K: 5.11µg (4.86%), Manganese: 0.05mg (2.7%), Vitamin B6: 0.04mg (1.89%), Vitamin C: 1.26mg (1.52%)