



Roasted Garlic with Rosemary



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons cooking wine dry red or white
- ☐ 1 tablespoon rosemary leaves dried fresh minced crumbled
- ☐ 3 heads garlic 9 oz. total
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 8 servings salt and pepper

Equipment

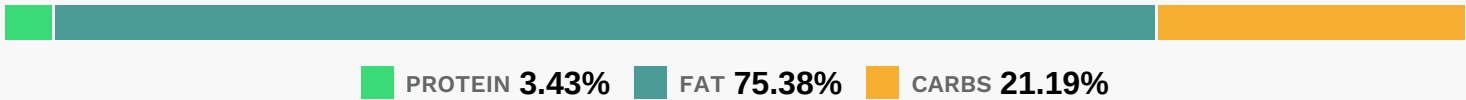
- ☐ frying pan

☐ oven

Directions

- ☐ Peel garlic and put cloves in a 6- to 8-inch-wide pan.
- ☐ Add oil, balsamic vinegar, wine, and rosemary; mix.
- ☐ Cover and bake in a 400 oven 25 minutes. Uncover and continue to bake until garlic is light gold and soft to touch, 10 to 15 minutes longer.
- ☐ Add salt and pepper to taste.
- ☐ Serve hot, warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:2.0808695703745%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 82.28kcal (4.11%), Fat: 6.82g (10.49%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 4.05g (1.47%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 196.88mg (8.56%), Alcohol: 0.39g (100%), Alcohol %: 1.92% (100%), Protein: 0.7g (1.4%), Manganese: 0.19mg (9.42%), Vitamin B6: 0.13mg (6.65%), Vitamin E: 0.98mg (6.54%), Vitamin K: 4.24µg (4.04%), Vitamin C: 3.33mg (4.04%), Selenium: 1.5µg (2.14%), Calcium: 21.36mg (2.14%), Phosphorus: 17.74mg (1.77%), Copper: 0.03mg (1.68%), Iron: 0.28mg (1.54%), Potassium: 52.08mg (1.49%), Vitamin B1: 0.02mg (1.42%), Fiber: 0.26g (1.02%)