



Roasted Green Beans with Roasted Garlic Aioli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium head garlic
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 teaspoon sea salt
- ☐ 0.7 cup salad dressing
- ☐ 24 oz green beans fresh whole
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon sea salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ garlic press
- ☐ tongs

Directions

- ☐ Heat oven to 400°F.
- ☐ Cut crosswise slice from top of garlic head, removing tops of cloves (discard top).
- ☐ Place garlic head on 7-inch square sheet of foil.
- ☐ Drizzle 1 teaspoon oil over cut cloves; sprinkle with 1/4 teaspoon of the salt; wrap foil around garlic.
- ☐ Roast garlic 35 to 40 minutes or until garlic is soft and golden brown. Cool 10 minutes or until cool enough to handle.
- ☐ Squeeze roasted cloves from skins.
- ☐ Place each clove in garlic press; press garlic into small bowl.
- ☐ Add mayonnaise and remaining 1/4 teaspoon salt; mix thoroughly. Cover; refrigerate until ready to serve.
- ☐ Place green beans in ungreased 15x10x1-inch pan.
- ☐ Drizzle 1 tablespoon oil over beans; toss lightly to coat.
- ☐ Sprinkle with 1/2 teaspoon of the salt.
- ☐ Roast beans 12 to 15 minutes, stirring halfway through roasting time, until lightly browned.
- ☐ Transfer beans to serving platter.
- ☐ Sprinkle with remaining 1/2 teaspoon salt.
- ☐ Serve beans hot or cold with aioli and small tongs.

Nutrition Facts



 **PROTEIN 7.11%**  **FAT 56.75%**  **CARBS 36.14%**

Properties

Glycemic Index:3.17, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:2.4421739293181%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 32.86kcal (1.64%), Fat: 2.2g (3.38%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 212.06mg (9.22%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin K: 17.25µg (16.43%), Vitamin C: 3.85mg (4.67%), Manganese: 0.08mg (4.16%), Vitamin A: 198.07IU (3.96%), Fiber: 0.79g (3.16%), Vitamin B6: 0.06mg (2.93%), Folate: 9.39µg (2.35%), Vitamin E: 0.32mg (2.15%), Potassium: 70.01mg (2%), Magnesium: 7.71mg (1.93%), Iron: 0.33mg (1.83%), Vitamin B2: 0.03mg (1.81%), Vitamin B1: 0.03mg (1.79%), Calcium: 13.54mg (1.35%), Phosphorus: 13.54mg (1.35%), Copper: 0.02mg (1.22%), Vitamin B3: 0.22mg (1.12%)