

Roasted Garlic

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*1 head garlic
olive oil*

Preheat the oven to 325 degrees.

Cut the top off the garlic head so that the cloves are exposed.

Drizzle the garlic head with a bit of olive oil.

Wrap the head tightly in aluminum foil. Place on a baking sheet.

Roast for one hour. Let cool for 5 minutes.

Remove the foil and SQUEEZE the garlic head to release the roasted cloves.

Store in a glass jar in the refrigerator for up to one week.

Per Serving (excluding unknown items): 4 Calories; trace Fat (1.9% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable.

Sauces and Condiments

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 4 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 1.9% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 82.3% | Thiamin B1 (mg): | 0mg |
| % Calories from Protein: | 15.8% | Riboflavin B2 (mg): | 0mg |
| Total Fat (g): | trace | Folacin (mcg): | trace |
| Saturated Fat (g): | 0g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 0g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 0g | Alcohol (kcal): | 0 |

Cholesterol (mg): 0mg
 Carbohydrate (g): 1g
 Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): 1mg
 Potassium (mg): 12mg
 Calcium (mg): 5mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4 Calories from Fat: 0

% Daily Values*

| | | |
|----------------------------|-------|----|
| Total Fat | trace | 0% |
| Saturated Fat | 0g | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 1mg | 0% |
| Total Carbohydrates | 1g | 0% |
| Dietary Fiber | trace | 0% |
| Protein | trace | |
| Vitamin A | | 0% |
| Vitamin C | | 2% |
| Calcium | | 1% |
| Iron | | 0% |

* Percent Daily Values are based on a 2000 calorie diet.