

Roasted Garlic

Ingredients:

- 1 large head of garlic
- Olive oil
- Whole grain baguette

Directions:

1. Preheat the oven to 400°F.
2. Peel off outer layers of paper, leaving the skins of the individual cloves of garlic. Garlic should still hold together in bulb form.
3. Using a knife, cut off the top of the bulb of garlic to expose the individual cloves.
4. Drizzle the exposed garlic cloves with olive oil.
5. Wrap bulb in foil and place cut side up in a small baking dish.
6. Bake 30 - 35 minutes, or until the cloves are soft and caramelized.
7. Cool the garlic until it is still warm and serve by spreading the cloves on baguette.

Nutrition Facts	
Serving Size 1/4 bulb of garlic with 4 small pieces bread (57g)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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