

# Garlic-Miso Sauce

50 Burger Toppings  
Food Network Magazine

1 head garlic  
olive oil  
salt (to taste)  
pepper (to taste)  
2 tablespoons mayonnaise  
2 tablespoons white miso paste  
1 tablespoon water  
1/2 teaspoon sesame oil  
1/2 teaspoon brown sugar

Preheat the oven to 350 degrees.

Cut the garlic head in half crosswise. Place the halves on a sheet of foil. Drizzle with olive oil. Season with salt and pepper. Wrap in the foil.

Roast until tender, about 45 minutes. Let cool. Squeeze the garlic out of its skin. Place the garlic in a bowl.

Mash with the mayonnaise, miso paste, water, sesame oil and brown sugar.

Per Serving (excluding unknown items): 227 Calories; 26g Fat (95.1% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 158mg Sodium. Exchanges: 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	227
% Calories from Fat:	95.1%
% Calories from Carbohydrates:	4.1%
% Calories from Protein:	0.8%
Total Fat (g):	26g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	10mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
	trace

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

### Food Exchanges

Grain (Starch):	0
	0
	1

**Protein (g):**  
**Sodium (mg):** 158mg  
**Potassium (mg):** 27mg  
**Calcium (mg):** 12mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 77IU  
**Vitamin A (r.e.):** 15 1/2RE

**Lean Meat:**  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 227                      **Calories from Fat:** 216

### % Daily Values\*

**Total Fat** 26g 39%  
     Saturated Fat 4g 18%  
**Cholesterol** 10mg 3%  
**Sodium** 158mg 7%  
**Total Carbohydrates** 2g 1%  
     Dietary Fiber trace 0%  
**Protein** trace

**Vitamin A** 2%  
**Vitamin C** 2%  
**Calcium** 1%  
**Iron** 1%

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