

Bread Dipping Oil



Gluten Free



Popular

READY IN



5 min.

SERVINGS



8

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed to taste
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 teaspoon juice of lemon

- ☐ 2 cups olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon salt

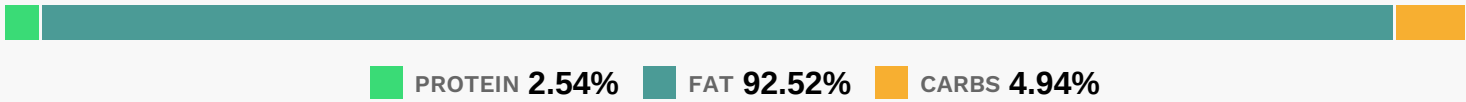
Equipment

- ☐ bowl

Directions

- ☐ Stir together the olive oil, basil, parsley, garlic, thyme, oregano, black pepper, rosemary, salt, red pepper, and lemon juice in a bowl.
- ☐ Sprinkle the Parmesan cheese over the surface of the oil mixture.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:2.8534782655213%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 11.31mg, Apigenin: 11.31mg, Apigenin: 11.31mg, Apigenin: 11.31mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 106.2kcal (5.31%), Fat: 11.24g (17.29%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.07g (0.08%), Cholesterol: 1.09mg (0.36%), Sodium: 171.35mg (7.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin K: 22.75µg (21.67%), Vitamin E: 1.74mg (11.63%), Manganese: 0.15mg (7.41%), Iron: 0.88mg (4.91%), Calcium: 35.08mg (3.51%), Fiber: 0.54g (2.16%), Magnesium: 6.84mg (1.71%), Vitamin B6: 0.03mg (1.46%), Vitamin A: 67.12IU (1.34%), Phosphorus: 13.34mg (1.33%), Vitamin B2: 0.02mg (1.23%), Copper: 0.02mg (1.17%), Potassium: 36.61mg (1.05%)