



Chili Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



19 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons pepper red crushed
- ☐ 7 árbol chiles dried
- ☐ 1.5 cups oil (vegetable or olive)

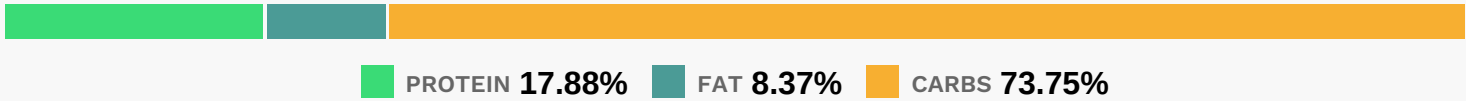
Equipment

- ☐ pot
- ☐ candy thermometer

Directions

- ☐ Stir all ingredients together in a pot. Warm over medium-low heat until a candy thermometer registers 165F.
- ☐ Let cool. Strain and pour into bottle. Cork; keep chilled for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:2.8991304584171%

Nutrients (% of daily need)

Calories: 19.45kcal (0.97%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.17g (0.18%), Cholesterol: 0mg (0%), Sodium: 18.07mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.97%), Vitamin A: 1567.95IU (31.36%), Fiber: 1.3g (5.19%), Manganese: 0.07mg (3.73%), Vitamin C: 2.95mg (3.58%), Vitamin B1: 0.03mg (2.29%), Folate: 8.18µg (2.04%), Vitamin B3: 0.41mg (2.03%), Potassium: 70.27mg (2.01%), Iron: 0.33mg (1.85%), Magnesium: 7.31mg (1.83%), Vitamin B2: 0.03mg (1.78%), Vitamin B6: 0.04mg (1.77%), Phosphorus: 17.56mg (1.76%), Copper: 0.03mg (1.46%)