



Chili-Oregano-Garlic Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 to 2 chiles del arbol
- ☐ 3 garlic cloves
- ☐ 1 cup olive oil light
- ☐ 0.3 bunch oregano fresh

Equipment

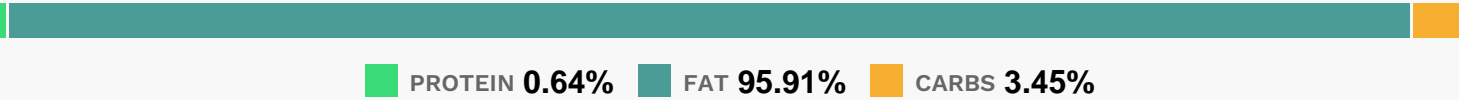
- ☐ bowl
- ☐ sauce pan
- ☐ colander

☐ cheesecloth

Directions

- ☐ Combine all ingredients in a saucepan over low heat; cook 10 minutes.
- ☐ Remove from heat; cool 15 minutes. Strain oil through a cheesecloth-lined colander into a bowl; discard solids.
- ☐ Note: To play it safe, refrigerate homemade flavored oil immediately after it's prepared and use it within one week. The reason: Ingredients such as garlic and herbs may carry spores that could cause food poisoning. Oil provides a perfect environment for these spores to grow, particularly if it's left to stand at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.1713043253707%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 99.4kcal (4.97%), Fat: 10.82g (16.65%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.08g (0.08%), Cholesterol: 0mg (0%), Sodium: 0.73mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin E: 1.57mg (10.48%), Vitamin K: 7.06µg (6.73%), Manganese: 0.04mg (2.09%), Vitamin B6: 0.03mg (1.48%)