



Chive-infused Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



42 kcal

SIDE DISH

Ingredients



0.8 cup olive oil extravirgin



0.5 cup chives fresh (1-inch)



0.5 teaspoon salt

Equipment



bowl



sieve

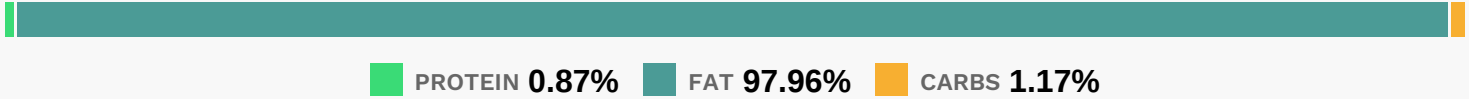


blender

Directions

☐ Place all ingredients in a blender; pulse 6 times or until chives are very finely minced. Strain mixture through a fine sieve into a bowl, and discard solids. Store in refrigerator in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.93565216757681%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 41.77kcal (2.09%), Fat: 4.65g (7.15%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 0.12g (0.04%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 166.28mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Vitamin K: 8.87µg (8.45%), Vitamin E: 0.67mg (4.48%), Vitamin A: 124.37IU (2.49%), Vitamin C: 1.66mg (2.01%)