

Chive Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



116 kcal

SIDE DISH

Ingredients



3 bunches chives



1.5 cups vegetable oil

Equipment



bowl



sieve

Directions

- ☐
- Set a coffee filter in asieve set over a heatproofmeasuring cup or bowl.
- ☐
- Purée chives and oil in ablender until well blended.
- ☐
- Transfer to a small saucepanand cook over medium–highheat, stirring occasionally,until mixture is sizzling,about 3 minutes.
- ☐
- Remove chive oil fromheat and strain thoughprepared sieve (do notpress on solids or oil will becloudy); let cool.
- ☐
- DO AHEAD: Chive oilcan be made 1 week ahead.Cover and chill.

Nutrition Facts

PROTEIN 0.26%

FAT 99.38%

CARBS 0.36%

Properties

Glycemic Index:9, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:1.8265217700568%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 116.35kcal (5.82%), Fat: 13.1g (20.15%), Saturated Fat: 2g (12.49%), Carbohydrates: 0.1g (0.03%), Net Carbohydrates: 0.04g (0.02%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 0.07mg (0%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin K: 29.17µg (27.78%), Vitamin E: 1.08mg (7.17%), Vitamin A: 104.47IU (2.09%), Vitamin C: 1.39mg (1.69%)