



Chive Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



388 kcal

SIDE DISH

Ingredients



2 bunch chives roughly chopped ()



1 cup olive oil



0.3 teaspoon salt



1 pinch sugar

Equipment



sieve



blender

Directions

- ☐ Place the chives, olive oil, salt and sugar into a blender. Puree until smooth, about 30 seconds.
- ☐ Let the mixture sit, covered overnight at room temperature.The next day strain the puree through a fine meshed sieve and store in the refrigerator until ready to use.

Nutrition Facts



PROTEIN 0.26% **FAT 98.38%** **CARBS 1.36%**

Properties

Glycemic Index:115.09, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:4.6804348612609%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 388.14kcal (19.41%), Fat: 43.26g (66.56%), Saturated Fat: 5.97g (37.33%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.14g (0.42%), Sugar: 1.15g (1.27%), Cholesterol: 0mg (0%), Sodium: 582.48mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin E: 6.24mg (41.58%), Vitamin K: 43.05µg (41%), Vitamin A: 348.24IU (6.96%), Vitamin C: 4.65mg (5.63%), Folate: 8.4µg (2.1%), Iron: 0.38mg (2.09%), Manganese: 0.03mg (1.57%)