



Garlic-herb Oil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



435 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons rosemary dried
- 1.5 teaspoons savory dried
- 1.5 teaspoons thyme leaves dried
- 0.3 cup garlic cloves peeled
- 1.5 teaspoons coarse-ground pepper
- 3 tablespoons olive oil

Equipment

- food processor

bowl

Directions

In a food processor, combine 1/4 cup peeled garlic cloves, 3 tablespoons olive oil, and 1 1/2 teaspoons each dried rosemary, dried savory, dried thyme, and coarse-ground pepper; whirl until finely chopped. (Or mince garlic and mix in a bowl with remaining ingredients.)

Nutrition Facts

PROTEIN 2.34% **FAT 84.91%** **CARBS 12.75%**

Properties

Glycemic Index:132, Glycemic Load:3.56, Inflammation Score:-8, Nutrition Score:11.841304302216%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 434.51kcal (21.73%), Fat: 42.41g (65.25%), Saturated Fat: 5.92g (37.03%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 12.17g (4.43%), Sugar: 0.38g (0.43%), Cholesterol: 0mg (0%), Sodium: 8.16mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Manganese: 1.08mg (54.05%), Vitamin K: 56.49µg (53.8%), Vitamin E: 6.22mg (41.46%), Vitamin B6: 0.44mg (22.2%), Iron: 3.06mg (17%), Vitamin C: 11.52mg (13.97%), Calcium: 108.72mg (10.87%), Fiber: 2.16g (8.64%), Copper: 0.16mg (7.83%), Selenium: 5.06µg (7.23%), Phosphorus: 60.09mg (6.01%), Potassium: 191.85mg (5.48%), Vitamin B1: 0.08mg (5.35%), Magnesium: 17.83mg (4.46%), Zinc: 0.53mg (3.56%), Vitamin B2: 0.05mg (2.91%), Vitamin B5: 0.24mg (2.45%), Vitamin A: 88.86IU (1.78%), Vitamin B3: 0.35mg (1.77%), Folate: 6.1µg (1.53%)