



Herb-Infused Olive Oils: French



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon marjoram dried
- ☐ 2 cups olive oil extra virgin
- ☐ 1 teaspoon fennel seeds
- ☐ 1 teaspoon lavender buds
- ☐ 1 teaspoon thyme leaves

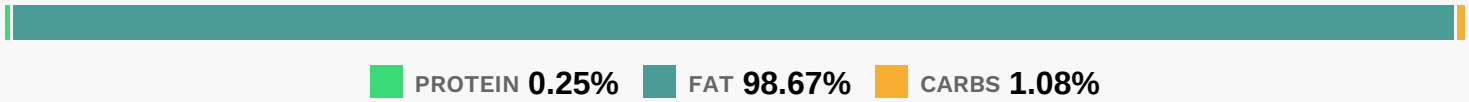
Equipment

- ☐ sauce pan
- ☐ funnel

Directions

- ☐ Pour oil in a small saucepan over very low heat; add remaining ingredients, and cook 10 minutes or just until oil is very warm but not boiling (about 150).
- ☐ Remove from heat; let stand 1 hour or until completely cool.
- ☐ Pour oil into a bottle using a funnel. Cover and store oil in refrigerator up to 2 weeks; discard any unused portion.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:0.96434782064803%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Nutrients (% of daily need)

Calories: 96.93kcal (4.85%), Fat: 10.85g (16.69%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 0.47mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin E: 1.56mg (10.37%), Vitamin K: 6.58µg (6.27%), Manganese: 0.02mg (1.07%)