



Herb-Infused Olive Oils: Greek



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 2 cups olive oil extra virgin
- ☐ 3 strips lemon zest (4-inch)
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 6 sprigs rosemary (6-inch)

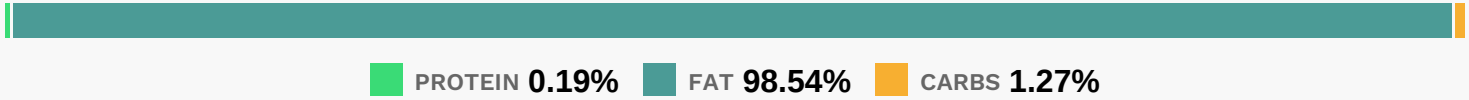
Equipment

- ☐ 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:12.75, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.0095652173395%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 96.76kcal (4.84%), Fat: 10.83g (16.66%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.15g (0.06%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 1.36mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Vitamin E: 1.58mg (10.55%), Vitamin K: 7.02µg (6.68%), Manganese: 0.04mg (1.88%)