



Herb-Infused Olive Oils: Italian



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 2 cups olive oil extra virgin
- ☐ 1 tablespoon seasoning dried italian
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 cup sun-dried tomatoes in oil

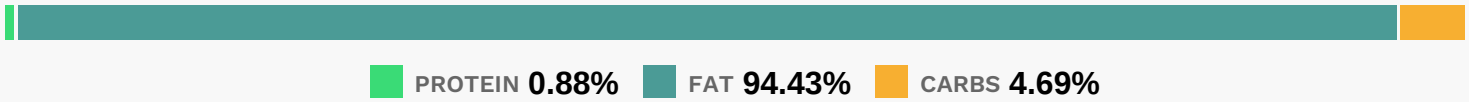
Equipment

- ☐ 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:0.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.9082608844923%

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: 104.63kcal (5.23%), Fat: 11.32g (17.41%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 10.54mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin E: 1.69mg (11.29%), Vitamin K: 10.45µg (9.96%), Vitamin C: 3.51mg (4.26%), Manganese: 0.05mg (2.41%), Iron: 0.39mg (2.19%), Fiber: 0.49g (1.95%), Potassium: 63mg (1.8%), Vitamin A: 73.37IU (1.47%), Calcium: 11.91mg (1.19%), Magnesium: 4.57mg (1.14%), Copper: 0.02mg (1.04%)