



Herb Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

Ingredients



1 arbol chile dried whole



2 cups canola oil



0.5 cup basil fresh packed



0.5 bunch thyme leaves fresh



1 cup olive oil extra-virgin



0.5 orange zest



0.5 cup oregano fresh packed



0.5 bunch parsley

☐ 1 teaspoon pepper corns whole black

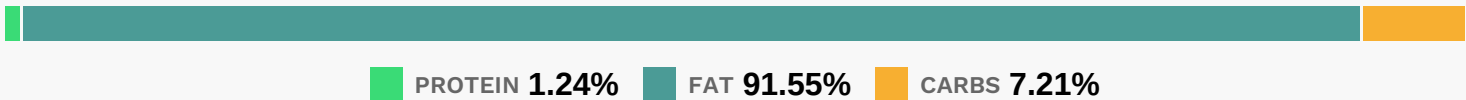
Equipment

- ☐ sauce pan
- ☐ kitchen towels
- ☐ cheesecloth
- ☐ canning jar

Directions

- ☐ In a 1-quart mason jar, place all of the herbs, zest, chile and peppercorns.
- ☐ Pour both oils into a saucepan and heat to 200 degrees F.
- ☐ Pour the hot oils into the jar and cover with a kitchen towel.
- ☐ Let stand overnight.
- ☐ Place cheesecloth over the top of the jar and replace the outer rim of the lid. Invert and strain oil into desired container.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:7.9373912526214%

Flavonoids

Apigenin: 7.71mg, Apigenin: 7.71mg, Apigenin: 7.71mg, Apigenin: 7.71mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 158.88kcal (7.94%), Fat: 16.79g (25.84%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 3.12mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin K: 95.51µg (90.96%), Vitamin E: 3.33mg (22.22%), Manganese: 0.25mg (12.38%), Vitamin A: 464.85IU (9.3%), Iron: 1.51mg (8.39%), Vitamin C: 6.52mg (7.9%), Fiber: 1.69g (6.75%), Calcium: 60.22mg (6.02%), Folate: 14.01µg (3.5%), Magnesium: 12.4mg (3.1%), Potassium: 73.61mg

(2.1%), Vitamin B6: 0.04mg (2.06%), Copper: 0.04mg (1.98%), Vitamin B2: 0.02mg (1.42%), Vitamin B3: 0.22mg (1.11%)