



Herb Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



20 kcal

SIDE DISH

Ingredients



2 teaspoons peppercorns black



7 sprigs thyme leaves fresh



1.5 cups oil (vegetable or olive)

Equipment



pot

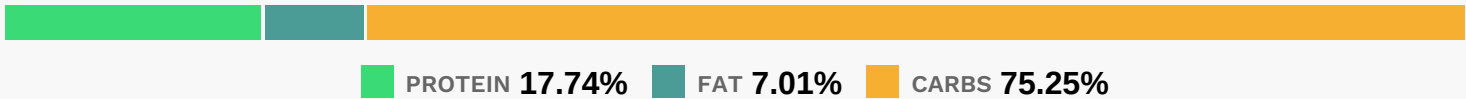


candy thermometer

Directions

- ☐ Place all ingredients in a pot. Warm over medium-low heat until a candy thermometer reads 165F.
- ☐ Let cool. Strain; reserving thyme and peppercorns.
- ☐ Pour into bottle.
- ☐ Add thyme and peppercorns. Cork; chill for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:3.189565203598%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 20.39kcal (1.02%), Fat: 0.18g (0.28%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3g (1.09%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 13.07mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin A: 1424.36IU (28.49%), Manganese: 0.19mg (9.54%), Fiber: 1.41g (5.65%), Vitamin C: 3.96mg (4.8%), Iron: 0.47mg (2.59%), Vitamin B1: 0.03mg (2.31%), Magnesium: 9.18mg (2.29%), Potassium: 73.83mg (2.11%), Folate: 8.38µg (2.1%), Copper: 0.04mg (2.05%), Phosphorus: 18.24mg (1.82%), Vitamin B3: 0.36mg (1.82%), Vitamin B2: 0.03mg (1.65%), Vitamin B6: 0.03mg (1.56%), Vitamin K: 1.44µg (1.37%), Calcium: 13.56mg (1.36%)