



Herbes de Provence Vinegar

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

36 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 basil sprigs
- ☐ 0.3 cup basil leaves crushed
- ☐ 1 bay leaf
- ☐ 2 bay leaves
- ☐ 2 teaspoons peppercorns black crushed
- ☐ 0.3 teaspoon fennel seeds
- ☐ 2 oregano sprigs
- ☐ 0.3 cup oregano leaves crushed

- ☐ 2 rosemary sprigs
- ☐ 0.3 cup rosemary leaves/needles crushed
- ☐ 0.3 cup thyme leaves crushed
- ☐ 2 thyme sprigs
- ☐ 1 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Combine first 8 ingredients in a widemouthed jar; cover and let stand 2 weeks in a cool, dark place, gently shaking jar occasionally.
- ☐ Strain the vinegar mixture through a cheesecloth-lined sieve into a glass measure or medium bowl, and discard solids.
- ☐ Pour into a decorative bottle, and add basil sprigs and remaining ingredients. Seal the bottle with a cork or other airtight lid, and store in a cool, dark place.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:6.7552174822144%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg

Nutrients (% of daily need)

Calories: 35.68kcal (1.78%), Fat: 0.55g (0.84%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 7.36mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin K: 32.42µg (30.87%), Manganese: 0.6mg (30.12%),

Iron: 2.91mg (16.17%), Fiber: 3.26g (13.06%), Calcium: 107.61mg (10.76%), Vitamin C: 7mg (8.48%), Vitamin A: 371.91IU (7.44%), Magnesium: 25.97mg (6.49%), Copper: 0.09mg (4.62%), Vitamin E: 0.68mg (4.5%), Vitamin B6: 0.09mg (4.3%), Folate: 16.21µg (4.05%), Potassium: 139.15mg (3.98%), Vitamin B2: 0.05mg (2.75%), Phosphorus: 19.68mg (1.97%), Zinc: 0.27mg (1.8%), Vitamin B3: 0.29mg (1.44%), Vitamin B1: 0.02mg (1.28%)