



Hot Thai Oil

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

Ingredients

- 1 teaspoon sesame oil dark
- 4 cloves garlic halved
- 2 tablespoons gingerroot minced peeled
- 2 cups vegetable oil; peanut oil preferred divided
- 2 chile peppers dried red
- 2 tablespoons pepper dried red crushed
- 0.5 inch tangerine rind divided
- 2 tablespoons vinegar white

Equipment

- bowl
- paper towels
- sieve
- blender
- cheesecloth

Directions

- Combine garlic and vinegar in a small glass bowl; cover and refrigerate at least 8 hours.
- Drain garlic, discarding vinegar; rinse and pat dry with paper towels.
- Combine garlic, crushed red pepper, gingerroot, 8 tangerine strips, and 1 1/2 cups peanut oil in container of an electric blender; cover and process until minced, stopping once to scrape down sides.
- Pour mixture into a jar; add remaining 1/2 cup peanut oil and sesame oil. Cover and refrigerate 24 hours.
- Let oil stand at room temperature 2 hours.
- Pour mixture through a wire-mesh strainer lined with 2 layers of cheesecloth into a decorative bottle or jar, discarding solids.
- Add remaining tangerine strips and red chiles. Seal bottle with a cork or an airtight lid. Store in refrigerator up to 1 month.
- Use in marinades for beef and pork and in vinaigrettes; or brush on bread cubes to toast for croutons.

Nutrition Facts



PROTEIN 1.53% **FAT 91.84%** **CARBS 6.63%**

Properties

Glycemic Index:15.83, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:3.2308696216863%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 147.59kcal (7.38%), Fat: 15.53g (23.89%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.32g (0.36%), Cholesterol: 0.15mg (0.05%), Sodium: 44.78mg (1.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin E: 3.3mg (22.01%), Vitamin A: 834.99IU (16.7%), Manganese: 0.09mg (4.42%), Vitamin B6: 0.09mg (4.32%), Fiber: 1.06g (4.26%), Vitamin K: 3.23µg (3.08%), Iron: 0.53mg (2.94%), Potassium: 73.5mg (2.1%), Copper: 0.04mg (1.94%), Vitamin B3: 0.36mg (1.82%), Vitamin B2: 0.03mg (1.79%), Magnesium: 5.71mg (1.43%), Calcium: 13.23mg (1.32%), Selenium: 0.91µg (1.3%), Phosphorus: 12.67mg (1.27%), Zinc: 0.16mg (1.06%)