



Italian Herb Infused Olive Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups olive oil extra virgin
- ☐ 6 leaves basil fresh
- ☐ 2 sprigs rosemary fresh
- ☐ 2 sprigs thyme leaves fresh
- ☐ 2 sprigs oregano fresh

Equipment

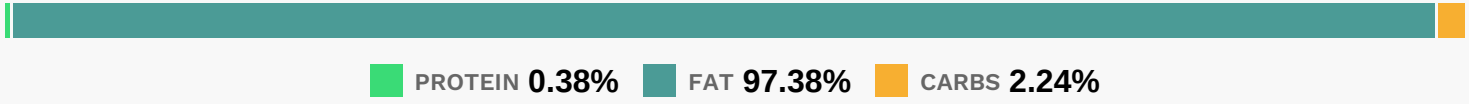
- ☐ funnel

Directions

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Place basil, thyme, rosemary and oregano in a 12 ounce bottle. Using a funnel, pour oil into bottle. Cover tightly, and refrigerate unused portions. Use within 2 to 3 days.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:0.9326086850108%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 58.64kcal (2.93%), Fat: 6.5g (10.01%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 0.26mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.11%), Vitamin K: 7.63µg (7.27%), Vitamin E: 1.01mg (6.72%), Manganese: 0.03mg (1.35%), Iron: 0.23mg (1.27%)