



Ma La Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cinnamon sticks (small)
- ☐ 0.5 cup chilies dried hot chinese
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 clove garlic minced (small)
- ☐ 0.8 cup vegetable oil; peanut oil preferred (See note)
- ☐ 2 tablespoons peppercorns
- ☐ 0.3 cup sesame oil toasted
- ☐ 1 small shallots minced (small)

☐ 1 star anise

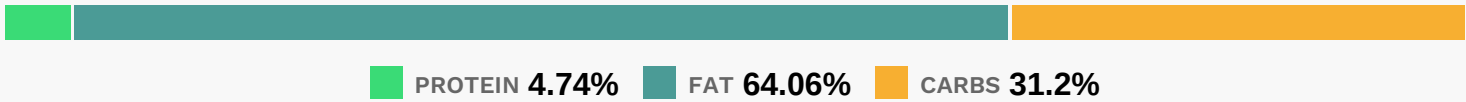
Equipment

☐ sauce pan

Directions

- ☐ In a small saucepan, heat the oil over low heat to 17
- ☐ Add the ginger, star anise, cinnamon, shallot, garlic, Sichuan peppercorns and chiles and cook over moderately low heat until the oil reaches 22
- ☐ Simmer at 225 for 5 minutes, then transfer to a heatproof jar and let cool. Stir in the sesame oil.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:2.5669564954613%

Nutrients (% of daily need)

Calories: 41.25kcal (2.06%), Fat: 3.16g (4.86%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.7g (1.88%), Cholesterol: 0mg (0%), Sodium: 3.88mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin A: 1048.42IU (20.97%), Manganese: 0.13mg (6.65%), Fiber: 1.37g (5.48%), Vitamin K: 5.64µg (5.37%), Vitamin B2: 0.05mg (2.89%), Potassium: 87.48mg (2.5%), Vitamin E: 0.33mg (2.19%), Vitamin B6: 0.04mg (1.93%), Iron: 0.33mg (1.85%), Vitamin B3: 0.36mg (1.78%), Vitamin C: 1.36mg (1.64%), Magnesium: 5mg (1.25%)