



Olive Oil Dip for Italian Bread



Gluten Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



145 kcal

Ingredients

- 2 tablespoons balsamic vinegar
- 5 cloves garlic
- 4 servings ground pepper fresh black to taste
- 0.3 cup olive oil
- 1 tablespoon oregano dried crushed
- 2 tablespoons parmesan cheese

Equipment

- garlic press

Directions

- Pour the olive oil onto a salad plate. Use a garlic press to press the garlic cloves onto five different spots on the plate.
- Drizzle the balsamic vinegar over the oil and garlic.
- Sprinkle with Parmesan cheese and oregano. Season with black pepper.

Nutrition Facts

PROTEIN 3.51% **FAT 86.71%** **CARBS 9.78%**

Properties

Glycemic Index:36, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:2.9830434587987%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 145.33kcal (7.27%), Fat: 14.22g (21.88%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.31g (1.45%), Cholesterol: 1.7mg (0.57%), Sodium: 43.13mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin K: 16.17µg (15.4%), Vitamin E: 2.18mg (14.55%), Manganese: 0.15mg (7.44%), Calcium: 59.09mg (5.91%), Iron: 0.69mg (3.82%), Vitamin B6: 0.06mg (3.11%), Phosphorus: 26.62mg (2.66%), Fiber: 0.64g (2.54%), Selenium: 1.16µg (1.65%), Magnesium: 6.54mg (1.64%), Vitamin C: 1.2mg (1.45%), Potassium: 43.51mg (1.24%), Copper: 0.02mg (1.17%), Vitamin B2: 0.02mg (1.13%), Zinc: 0.15mg (1.02%)