



Sage, Bay, and Garlic Dipping Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 sage leaves fresh
- ☐ 2 garlic cloves crushed
- ☐ 0.5 cup olive oil

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

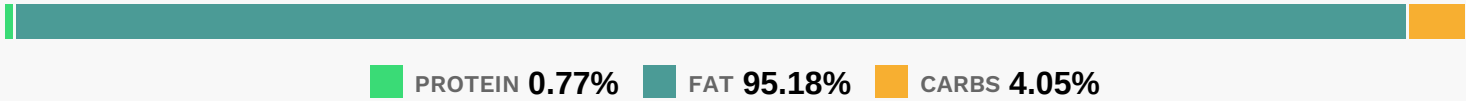
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kitchen thermometer

Directions

- ☐ Combine all of the ingredients in a small, heavy saucepan. Cook over medium-low heat until the thermometer registers 18
- ☐ Reduce the heat to low, and cook for 20 minutes (do not allow the temperature to rise above 200). Cool to room temperature.
- ☐ Drain the oil mixture through a sieve into a bowl, and discard solids.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.24521739116829%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 16.69kcal (0.83%), Fat: 1.8g (2.77%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0g (0.01%), Cholesterol: 0mg (0%), Sodium: 0.12mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.07%), Vitamin E: 0.26mg (1.73%), Copper: 0.02mg (1.1%), Vitamin K: 1.09µg (1.04%)