



Spicy Thyme and Garlic Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves crumbled
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 4 garlic cloves halved
- ☐ 1 cup olive oil extra-virgin
- ☐ 1 sprig thyme leaves (4-inch)

Equipment

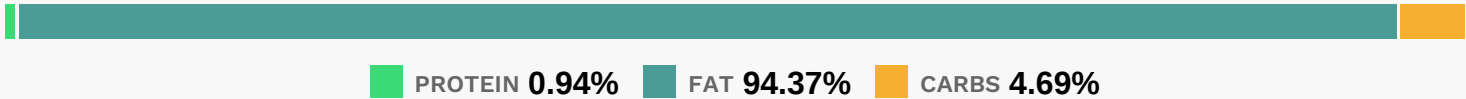
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ kitchen thermometer

Directions

- ☐ Combine all ingredients in a small, heavy saucepan. Cook over medium-low heat until thermometer registers 20
- ☐ Reduce heat to low; cook 20 minutes (do not allow temperature to rise above 220). Cool to room temperature.
- ☐ Strain oil mixture through a sieve into a bowl; discard solids. Store in the refrigerator.
- ☐ Note: Store in the refrigerator in a glass container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.36521739026775%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 25.26kcal (1.26%), Fat: 2.71g (4.18%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 1.22mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin E: 0.41mg (2.75%), Vitamin K: 1.7µg (1.62%)