



Sun Dried Tomato & Herb Dipping Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 teaspoon thyme dried
- ☐ 0.3 ounce sun-dried olives dried boiling softened for 5 minutes in 3 tablespoons of water
- ☐ 1.8 cups olive oil extra virgin
- ☐ 0.5 Tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon garlic chopped

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 Tablespoon salt
- ☐ 1 Tablespoon tomato paste

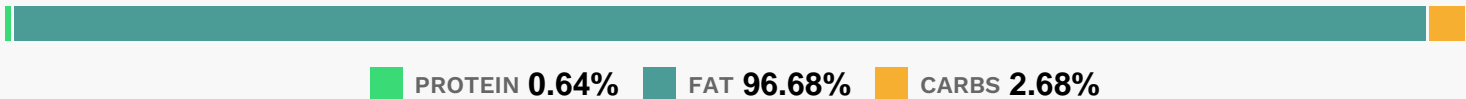
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ In small sauce pan combine canola oil and crushed basil thyme and rosemary, by pouring herbs into the palm of your hand and then crush the spices by rolling them in between your thumb and pointer finger.
- ☐ Heat over medium-high heat. Bring the canola oil and dried herbs to a simmer, then lower the heat and simmer for 3 minutes.
- ☐ Remove from heat and set aside
- ☐ Add the softened sun-dried tomatoes, garlic, tomato paste salt and pepper to the cooled herbed oil. Using a submersible blender, puree for 15 seconds, add the parsley and olive oil and blend for an additional 5 seconds. Allow to sit at room temp for about 4 hours for the flavors to start to blend if you have time.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:2.1221739442452%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 150.04kcal (7.5%), Fat: 16.49g (25.38%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.58g (0.65%), Cholesterol: 0mg (0%), Sodium: 453.19mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin E: 2.68mg (17.87%), Vitamin K: 16.57µg (15.78%),

Manganese: 0.04mg (2.03%), Iron: 0.29mg (1.61%), Potassium: 54.93mg (1.57%), Vitamin C: 1.19mg (1.45%), Vitamin A: 61.18IU (1.22%), Copper: 0.02mg (1.15%)