



Garlic Infused Oil (FODMAP)

Great addition to salads, pastas, or any recipe that calls for garlic!

U.S.

2 cups
6 cloves

Olive or Canola Oil
Garlic, peeled, cut in half

Metric

480 mL
6 cloves

Preparation:

1. Gather all ingredients and equipment.
2. Heat oil in a small pot on medium high heat until the oil is warm but not hot (you want to avoid burning the oil, if it is smoking, it is too hot).
3. Add garlic to oil and infuse on low heat for about 25 minutes.
4. Remove from heat and let sit uncovered for at least two hours or overnight.
5. Strain garlic oil into a clear glass jar using a fine mesh strainer or cheesecloth. Make sure to remove all garlic pieces from the oil.
5. Seal jar and store in the refrigerator.

Nutrition Facts

32 Servings

Serving size **1 Tbsp**

Amount per serving

Calories **120**

Total Fat	14 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	10 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Total Sugars	0 g
Includes 0g Added Sugars	
Protein	0 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	2 mg
Phosphorus	0 mg

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Nutrition Facts

96 Servings

Serving size 1 tsp

Amount per serving

Calories 40

Total Fat	4.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	0 g
Dietary Fiber	0 g
Total Sugars	0 g
Includes 0g Added Sugars	
Protein	0 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	0 mg
Phosphorus	0 mg
