

# Extra Virgin Olive Oil Herb Dip

Yield: 4 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-dressing-recipe-extra-virgin-olive-oil>

## Ingredients:

- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/4 teaspoon rosemary
- 1/4 teaspoon kosher salt or according to your taste
- ground black pepper freshly
- 1 pinch red pepper flakes
- 2 cloves garlic fresh, minced
- 1/4 cup extra virgin olive oil

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 1 grams
3. Fat: 14 grams
4. SaturatedFat: 2 grams
5. Sodium: 150 milligrams

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