

Italian Olive Oil Bread Dip with Fresh Herbs

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-olive-oil-for-dipping-recipe>

Ingredients:

- 1 tablespoon fresh basil chopped, about 6 large leaves
- 1 tablespoon fresh parsley chopped, about 8 large stalks, leaves only
- 3 cloves garlic minced
- 2 teaspoons fresh thyme leaves
- 2 teaspoons fresh oregano
- 1 teaspoon rosemary leaves fresh, discard woody stem
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon kosher salt
- 2 teaspoons extra virgin olive oil
- 1 teaspoon lemon juice
- virgin olive oil for plating
- balsamic vinegar optional
- red pepper flakes optional
- grated Parmesan cheese optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 360 milligrams
9. Sugar: 2 grams

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