



Ameilia's Italian Stuffed Olives

READY IN



200 min.

SERVINGS



100

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 2 pork chops thick cut bone-in
- ☐ 100 servings bread crumbs
- ☐ 1 stalk celery minced
- ☐ 1 chicken breast whole bone-in skinless
- ☐ 3 eggs divided beaten
- ☐ 100 servings flour for dredging
- ☐ 2 cloves garlic pressed
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 lemon zest

- ☐ 0.3 cup olive oil
- ☐ 24 ounce colossal olives green with pits
- ☐ 0.5 medium onion minced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 12 ounce tomato paste canned
- ☐ 10.8 ounce tomato purée canned
- ☐ 100 servings vegetable oil for deep frying
- ☐ 1 cup water

Equipment

- ☐ pot

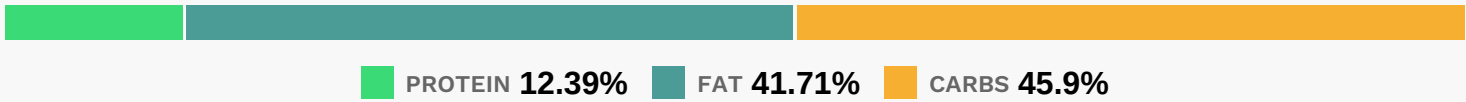
Directions

- ☐ Heat olive oil in a large, heavy-bottomed pot over medium-high heat. Cook and stir celery, onion, and garlic in hot oil until translucent, about 5 minutes.
- ☐ Add pork and chicken and cook for 7 to 10 minutes.
- ☐ Combine tomato puree and tomato paste with 1 cup water, and add to meat mixture. Reduce heat to low and cook, stirring occasionally, for 2 hours, or until pork and chicken are falling off the bone.
- ☐ Remove meat from the pot to cool, and set sauce aside.
- ☐ Meanwhile, remove olive pits using a special olive pitting tool. Make a slit in one side of each olive large enough to insert stuffing.
- ☐ Once cooled, remove pork and chicken meat from the bones, and mince.
- ☐ Mix together with 2 beaten eggs, Parmesan cheese, ground nutmeg, lemon zest, and 1/4 cup of reserved sauce. Use more or less sauce as needed so that meat mixture is moist, but not too wet.
- ☐ Fill each olive with enough stuffing so that a small amount is pushing out of the slit. Dip each stuffed olive in flour, then beaten egg, then bread crumbs. Stuffed olives may be frozen in an air-tight container at this point until ready to use.
- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- ☐ Fry olives in hot oil for about 3 minutes, or until golden brown on the outside.

☐

Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:4.3, Inflammation Score:-2, Nutrition Score:4.2678261166034%

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 Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 120.03kcal (6%), Fat: 5.57g (8.57%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 12.77g (4.64%), Sugar: 1g (1.11%), Cholesterol: 8.91mg (2.97%), Sodium: 199.23mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin B1: 0.18mg (12.06%), Selenium: 7.54µg (10.77%), Vitamin B3: 1.67mg (8.33%), Manganese: 0.16mg (7.94%), Folate: 26.47µg (6.62%), Vitamin K: 6.73µg (6.41%), Vitamin B2: 0.1mg (5.72%), Iron: 1.01mg (5.61%), Vitamin E: 0.68mg (4.56%), Phosphorus: 43.36mg (4.34%), Fiber: 1.03g (4.11%), Vitamin B6: 0.07mg (3.6%), Copper: 0.06mg (3.06%), Calcium: 29.45mg (2.95%), Magnesium: 9.85mg (2.46%), Zinc: 0.32mg (2.14%), Potassium: 73.91mg (2.11%), Vitamin B5: 0.19mg (1.87%), Vitamin B12: 0.07µg (1.21%), Vitamin A: 52.64IU (1.05%)