



Artichoke and Green Olive Tapenade with Asiago

 Vegetarian  Gluten Free  Popular

READY IN



10 min.

SERVINGS



4

CALORIES



137 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 14 ounce artichoke hearts coarsely chopped canned
- ☐ 0.3 cup asiago grated
- ☐ 2 teaspoons capers coarsely chopped
- ☐ 2 cloves garlic coarsely chopped
- ☐ 0.5 cup olives green coarsely chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil

☐ 4 servings salt and pepper to taste

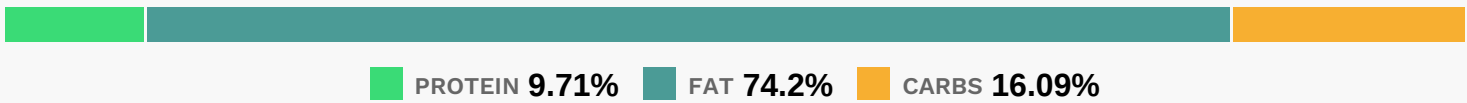
Equipment

☐ food processor

Directions

☐ Pulse every thing in a food processor until it reaches the desired consistency. (I like to leave it a bit on the chunky side.)

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.5704347951257%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 137.04kcal (6.85%), Fat: 11.22g (17.26%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 3.31g (1.21%), Sugar: 1.02g (1.13%), Cholesterol: 4.25mg (1.42%), Sodium: 951.65mg (41.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Vitamin E: 1.68mg (11.2%), Fiber: 2.16g (8.64%), Calcium: 86.31mg (8.63%), Phosphorus: 46.74mg (4.67%), Vitamin K: 4.83µg (4.6%), Selenium: 1.79µg (2.55%), Vitamin C: 1.96mg (2.38%), Vitamin A: 116.87IU (2.34%), Vitamin B6: 0.03mg (1.57%), Copper: 0.03mg (1.56%), Vitamin B2: 0.03mg (1.5%), Manganese: 0.03mg (1.4%), Magnesium: 5.54mg (1.39%), Zinc: 0.2mg (1.34%), Vitamin B12: 0.08µg (1.25%), Iron: 0.22mg (1.22%)