



Artichoke Tapenade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



84 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup olives black ripe sliced
- 1 teaspoon lemon zest grated
- 6.5 oz marinated artichoke with marinade
- 0.3 cup oil-packed tomatoes dried drained
- 0.5 cup parsley chopped

Equipment

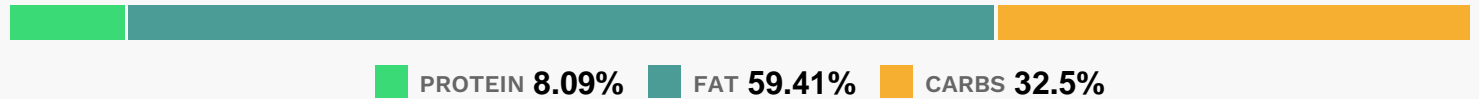
- food processor
- blender

Directions

In a blender or food processor, combine 1 jar (5 oz.) marinated artichokes with marinade, 1/4 cup sliced black ripe olives, 1/4 cup drained oil-packed dried tomatoes, 1/2 cup chopped parsley, and 1 teaspoon grated lemon peel. Whirl until smooth, scraping container sides as needed.

If making sauce up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:9.6569565094036%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 83.58kcal (4.18%), Fat: 5.7g (8.77%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 4.67g (1.7%), Sugar: 3.18g (3.53%), Cholesterol: 0mg (0%), Sodium: 318.27mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.49%), Vitamin K: 126.07µg (120.07%), Vitamin C: 22.99mg (27.87%), Vitamin A: 1185.98IU (23.72%), Fiber: 2.35g (9.38%), Iron: 1.47mg (8.15%), Potassium: 281.71mg (8.05%), Manganese: 0.14mg (6.95%), Copper: 0.12mg (5.97%), Magnesium: 18.09mg (4.52%), Folate: 16.39µg (4.1%), Vitamin B3: 0.74mg (3.71%), Calcium: 32.18mg (3.22%), Vitamin B1: 0.04mg (2.99%), Phosphorus: 29.22mg (2.92%), Vitamin E: 0.38mg (2.53%), Vitamin B2: 0.04mg (2.47%), Vitamin B5: 0.18mg (1.77%), Vitamin B6: 0.03mg (1.65%), Zinc: 0.22mg (1.48%)