

Artichoke Tapenade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



56 kcal

CONDIMENT

DIP

SPREAD

Ingredients

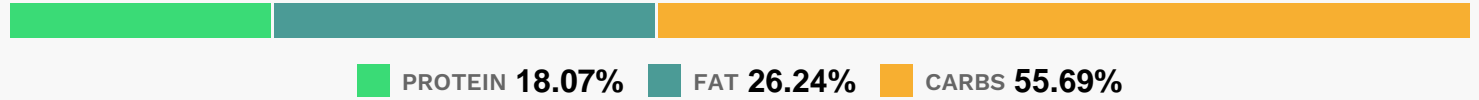
- 14 ounce artichoke bottoms fresh drained and rinsed well canned (or 8 ounces artichoke hearts)
- 1 tablespoon capers
- 0.5 teaspoon basil dried
- 2 tablespoons parsley fresh
- 1 clove garlic crushed
- 0.3 teaspoon pepper black
- 1.5 ounces kalamata olives pitted halved (3 tbsp. , olives)
- 1 teaspoon juice of lime fresh for artichokes (optional; use more)

Equipment

Directions

Spread on good bread or crackers.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:4.6843476729548%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 56.33kcal (2.82%), Fat: 1.67g (2.57%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 5.96g (2.17%), Sugar: 1.56g (1.74%), Cholesterol: 0mg (0%), Sodium: 512.35mg (22.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Iron: 6.3mg (35.01%), Vitamin K: 35.81µg (34.1%), Vitamin C: 6.93mg (8.4%), Fiber: 2.03g (8.12%), Vitamin A: 364.16IU (7.28%), Vitamin E: 0.46mg (3.04%), Manganese: 0.05mg (2.29%), Calcium: 16.95mg (1.7%), Copper: 0.03mg (1.5%), Folate: 4.38µg (1.09%), Magnesium: 4.22mg (1.05%)