



Asian Spicy Tapenade

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



166 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 tablespoons ginger fresh grated
- ☐ 2 cloves garlic minced
- ☐ 12 ounce california olives ripe drained well canned
- ☐ 0.5 cup onion minced
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 tablespoons rice vinegar (unseasoned)
- ☐ 8 servings sea salt to taste
- ☐ 0.3 teaspoon sesame oil

- ☐ 1 tablespoon sriracha sauce
- ☐ 24 square won ton wrappers

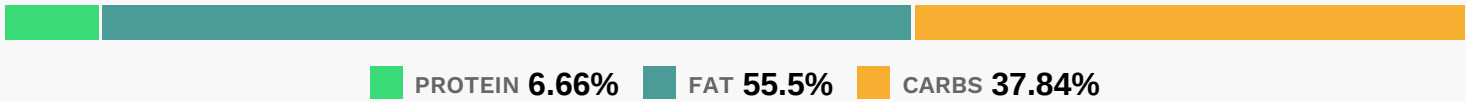
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Place all tapenade ingredients in a food processor and pulse on and off until finely chopped. Cover and chill for at least 1 hour. Meanwhile for the dippers, preheat your oven to 400°F and line 2 baking sheets with foil.
- ☐ Cut won ton wrappers in half and place on baking sheets; coat with olive oil spray and season lightly with salt.
- ☐ Bake for 5 minutes or until golden brown. For the cups, preheat your oven to 350°F. Spray won ton wrappers on both sides with olive oil cooking spray. Press into 24 mini muffin cups, pressing all the way into the bottom.
- ☐ Bake for 10 to 12 minutes or until golden brown; let cool.
- ☐ Serve with tapenade.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:4.3547826438494%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 166.25kcal (8.31%), Fat: 10.5g (16.15%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 14.08g (5.12%), Sugar: 0.71g (0.78%), Cholesterol: 2.03mg (0.68%), Sodium: 1029.6mg (44.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin E: 2.18mg (14.53%), Selenium: 6.91µg (9.88%), Vitamin B1: 0.13mg (8.85%), Manganese: 0.18mg (8.77%), Fiber: 2.03g (8.1%), Vitamin B3: 1.35mg (6.76%), Folate: 22.79µg (5.7%), Iron: 1.02mg (5.65%), Vitamin B2: 0.09mg (5.49%), Copper: 0.09mg (4.7%), Calcium: 37.05mg (3.7%), Vitamin A: 173.17IU (3.46%), Magnesium: 11.06mg (2.76%), Vitamin C: 2.26mg (2.73%), Phosphorus: 24.76mg (2.48%), Vitamin B6: 0.05mg (2.29%), Potassium: 61.82mg (1.77%), Zinc: 0.21mg (1.4%)