



Baked olives with orange & bay



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 1 large cranberry-orange relish
- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 2 bay leaves
- ☐ 1 garlic clove sliced into shards
- ☐ 200 g olives black pitted

Equipment

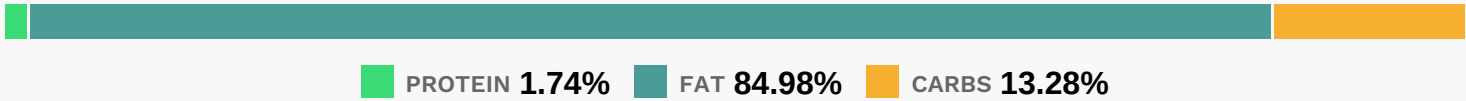
- ☐ oven
- ☐ knife

☐ aluminum foil

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Cut a large square of foil and put it in a small baking tin. Using a sharp knife, cut 2 large strips of zest from the orange.
- ☐ Add the juice from the orange and all the other ingredients, and mix lightly.
- ☐ Make the foil into a parcel, enclosing completely, and put in the oven for 10–15 mins, until piping hot.
- ☐ Serve hot or warm as a pre–lunch nibble.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:3.3939129878645%

Flavonoids

Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg Naringenin: 4.7mg, Naringenin: 4.7mg, Naringenin: 4.7mg, Naringenin: 4.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 146.1kcal (7.31%), Fat: 14.48g (22.27%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 3.23g (1.18%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 520.28mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin C: 16.49mg (19.98%), Vitamin E: 2.67mg (17.8%), Fiber: 1.86g (7.42%), Vitamin K: 6.09µg (5.8%), Vitamin A: 202.11IU (4.04%), Calcium: 30.88mg (3.09%), Copper: 0.06mg (2.77%), Folate: 10.27µg (2.57%), Vitamin B1: 0.03mg (2.31%), Potassium: 71.78mg (2.05%), Vitamin B6: 0.04mg (1.78%), Magnesium: 6.9mg (1.72%), Iron: 0.27mg (1.5%)