



Black Olive Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



38 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 teaspoons dijon mustard
- 1 teaspoon basil dried
- 1 garlic clove
- 6 oz kalamata olives pitted drained
- 1 tablespoon olive oil
- 0.3 teaspoon pepper



Equipment

- food processor

Directions

- Process all ingredients in a food processor until a coarse paste forms, stopping to scrape down sides.

Nutrition Facts

  
 **PROTEIN 2.59%**  **FAT 88.78%**  **CARBS 8.63%**

Properties

Glycemic Index:9.4, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.94391305550285%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 38.46kcal (1.92%), Fat: 4.04g (6.22%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 276.52mg (12.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin E: 0.86mg (5.76%), Vitamin K: 2.9µg (2.76%), Fiber: 0.66g (2.64%), Vitamin A: 68.6IU (1.37%), Manganese: 0.03mg (1.27%), Calcium: 12.49mg (1.25%), Copper: 0.02mg (1.24%), Iron: 0.21mg (1.15%)