



Calabrian Cracked Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup california chili powder sweet
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup olive oil
- ☐ 2 pounds sicilian olives green
- ☐ 0.3 cup parsley leaves chopped
- ☐ 12 servings splash sherry vinegar

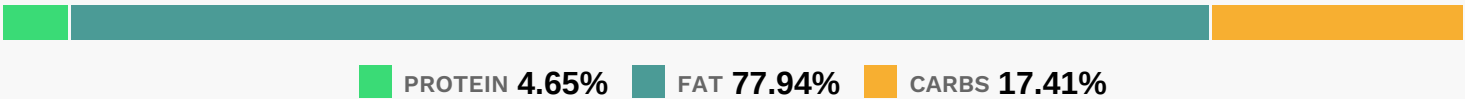
Equipment

- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Place Sicilian green olives in a resealable plastic bag, hit with mallet or hammer to crack the olives.
- ☐ Add olive oil, chili powder, parsley, garlic and vinegar.
- ☐ Mix well and serve.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:11.634347962297%

Flavonoids

Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 172.63kcal (8.63%), Fat: 16.59g (25.52%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.14g (1.27%), Cholesterol: 0mg (0%), Sodium: 1342.41mg (58.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin A: 3325.37IU (66.51%), Vitamin E: 7.17mg (47.79%), Vitamin K: 34.17µg (32.54%), Fiber: 5.99g (23.98%), Vitamin B6: 0.25mg (12.38%), Iron: 2.22mg (12.33%), Copper: 0.2mg (9.78%), Manganese: 0.19mg (9.71%), Calcium: 76.32mg (7.63%), Potassium: 238.24mg (6.81%), Vitamin B3: 1.35mg (6.74%), Magnesium: 24.16mg (6.04%), Vitamin B2: 0.1mg (5.92%), Selenium: 2.88µg (4.12%), Phosphorus: 35.76mg (3.58%), Zinc: 0.48mg (3.23%), Vitamin B1: 0.04mg (2.95%), Vitamin C: 2.17mg (2.63%), Folate: 6.97µg (1.74%), Vitamin B5: 0.12mg (1.18%)