



## Caper-and-Olive Brochette



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



194 kcal

SIDE DISH

## Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 tablespoons capers
- ☐ 1 slices baguette french toasted
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 garlic cloves pressed
- ☐ 0.5 cup kalamata olives diced pitted
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon pepper

- ☐ 8 plum tomatoes
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

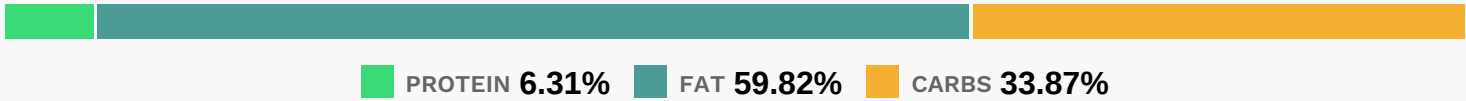
## Equipment

- ☐ paper towels
- ☐ colander

## Directions

- ☐ Dice tomatoes; sprinkle with salt.
- ☐ Let stand on paper towels or in a colander for 1 hour.
- ☐ Combine tomato, olives, and next 7 ingredients; chill 1 hour.
- ☐ Serve on baguette slices.

## Nutrition Facts



## Properties

Glycemic Index:120.61, Glycemic Load:7.38, Inflammation Score:-8, Nutrition Score:10.377391276152%

## Flavonoids

Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 10.66mg, Kaempferol: 10.66mg, Kaempferol: 10.66mg, Kaempferol: 10.66mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg

## Nutrients (% of daily need)

Calories: 194.49kcal (9.72%), Fat: 13.51g (20.78%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 13.83g (5.03%), Sugar: 7.96g (8.85%), Cholesterol: 0mg (0%), Sodium: 1037.57mg (45.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin A: 1549.12IU (30.98%), Vitamin C: 24.17mg (29.3%), Vitamin K: 27.41µg (26.11%), Vitamin E: 3.21mg (21.41%), Manganese: 0.37mg (18.36%), Fiber: 3.38g (13.5%), Potassium: 450.26mg (12.86%), Folate: 39.78µg (9.95%), Vitamin B6: 0.19mg (9.62%), Copper: 0.19mg (9.45%), Vitamin B1: 0.14mg (9.08%), Vitamin B3: 1.61mg (8.04%), Magnesium: 29.54mg (7.38%), Iron: 1.32mg (7.32%),

Phosphorus: 59.4mg (5.94%), Calcium: 55.13mg (5.51%), Vitamin B2: 0.08mg (4.91%), Selenium: 2.59µg (3.7%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.22mg (2.2%)