



Citrus, Fennel, and Rosemary Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon pepper red crushed
- 1 cup fennel bulb finely chopped
- 1 tablespoon flat-leaf parsley fresh chopped
- 1.5 teaspoons rosemary fresh chopped
- 3 garlic cloves minced
- 1 teaspoon lemon rind grated
- 2 cups olive oil extra-virgin
- 4 cups olives assorted (such as niçoise, arbequina, kalamata, and picholine)

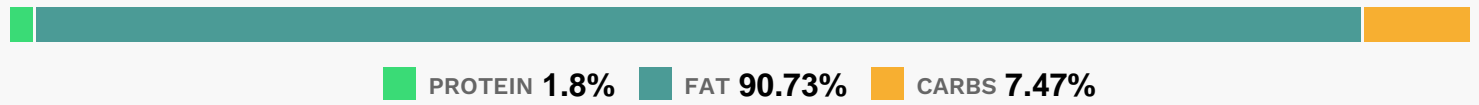
Equipment

bowl

Directions

- Combine all ingredients in a large bowl; stir well to combine. Cover and refrigerate 48 hours.
- Serve at room temperature.
- Note: Refrigerate up to 1 month.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.88173914214839%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.85kcal (1.99%), Fat: 4.24g (6.52%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.17g (0.18%), Cholesterol: 0mg (0%), Sodium: 212.49mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin E: 0.85mg (5.69%), Vitamin K: 4.54µg (4.32%), Fiber: 0.54g (2.16%), Vitamin A: 75.67IU (1.51%)