



Citrus-Marinated Feta and Olives

 Vegetarian  Gluten Free

READY IN



1450 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- 8 oz feta cheese cubed
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 1 garlic clove minced
- 1 teaspoon pepper
- 1 cup kalamata olives pitted
- 0.3 cup olive oil
- 1 tablespoon orange zest

1 cup pimiento stuffed olives spanish

Equipment

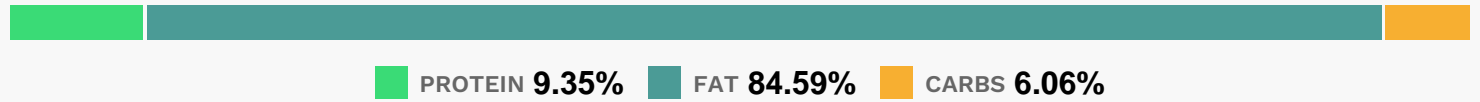
bowl

whisk

Directions

Whisk together first 5 ingredients in a medium-size glass bowl; gently stir in olives and cheese. Cover and chill 24 hours.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:5.7734782125639%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 185.99kcal (9.3%), Fat: 18.03g (27.74%), Saturated Fat: 5.39g (33.7%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.19g (0.21%), Cholesterol: 25.23mg (8.41%), Sodium: 850.02mg (36.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Calcium: 163.03mg (16.3%), Vitamin E: 2.33mg (15.5%), Vitamin B2: 0.24mg (14.37%), Vitamin K: 11.69µg (11.13%), Phosphorus: 98.85mg (9.89%), Vitamin B12: 0.48µg (7.99%), Vitamin B6: 0.14mg (6.98%), Vitamin A: 335.95IU (6.72%), Selenium: 4.63µg (6.62%), Zinc: 0.85mg (5.68%), Fiber: 1.29g (5.15%), Vitamin B1: 0.05mg (3.55%), Manganese: 0.06mg (3.17%), Copper: 0.06mg (3.02%), Vitamin B5: 0.29mg (2.94%), Folate: 11.38µg (2.85%), Magnesium: 10.75mg (2.69%), Iron: 0.47mg (2.62%), Vitamin B3: 0.39mg (1.93%), Vitamin C: 1.41mg (1.71%), Potassium: 42.66mg (1.22%)