



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
- 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

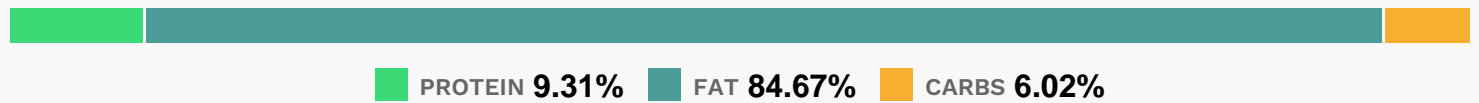
bowl

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:19.88, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:5.5395652211231%

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: 185.82kcal (9.29%), Fat: 18.03g (27.73%), Saturated Fat: 5.39g (33.7%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.19g (0.21%), Cholesterol: 25.23mg (8.41%), Sodium: 849.99mg (36.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Calcium: 161.7mg (16.17%), Vitamin E: 2.32mg (15.46%), Vitamin B2: 0.24mg (14.34%), Phosphorus: 98.43mg (9.84%), Vitamin K: 8.57µg (8.17%), Vitamin B12: 0.48µg (7.99%), Vitamin B6: 0.14mg (6.93%), Selenium: 4.63µg (6.62%), Vitamin A: 296.39IU (5.93%), Zinc: 0.85mg (5.63%), Fiber: 1.28g (5.11%), Vitamin B1: 0.05mg (3.53%), Vitamin B5: 0.29mg (2.93%), Copper: 0.06mg (2.88%), Manganese: 0.05mg (2.74%), Folate: 10.87µg (2.72%), Magnesium: 10.27mg (2.57%), Iron: 0.45mg (2.49%), Vitamin B3: 0.38mg (1.9%), Vitamin C: 1.27mg (1.54%), Potassium: 40.45mg (1.16%)