



Citrus Marinated Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1455 min.

SERVINGS



18

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

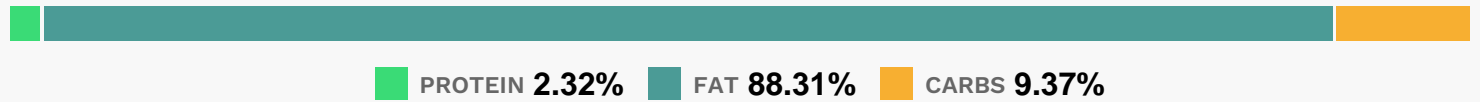
- 0.3 teaspoon curry powder
- 0.5 teaspoon tarragon dried
- 1 clove garlic minced
- 1 pound olives green drained and rinsed with pits,
- 1 juice of lemon
- 0.5 cup olive oil extra-virgin
- 0.5 teaspoon pepper flakes red
- 1 tablespoon red wine vinegar

Equipment

Directions

- Cover the olives in cool water; soak for at least 5 minutes or up to 5 hours.
- In a 1- to 1 1/2-quart container, combine all the remaining ingredients.
- Add the olives and stir or shake to combine. Make sure the olives are submerged in the marinade.
- Let sit in a cool, dry place for 1 day. Refrigerate for 1 or 2 days before serving.
- Photograph by Lara Robby

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.0530434775612%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.33kcal (2.42%), Fat: 5.08g (7.81%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.18g (0.21%), Cholesterol: 0mg (0%), Sodium: 394.21mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin E: 1.16mg (7.75%), Fiber: 0.87g (3.49%), Vitamin A: 118.23IU (2.36%), Copper: 0.03mg (1.61%), Calcium: 14.52mg (1.45%), Vitamin K: 1.16µg (1.11%)