 8%
HEALTH SCORE

Citrus-Marinated Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



351 kcal

SIDE DISH

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 3 tablespoons parsley fresh chopped
- 6 large garlic clove thinly sliced
- 1.5 cups kalamata olives black
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest grated
- 1.5 cups oil-cured olives green
- 1 cup olive oil

- 0.3 cup orange juice
- 1 tablespoon orange zest grated
- 0.5 teaspoon pepper dried red crushed

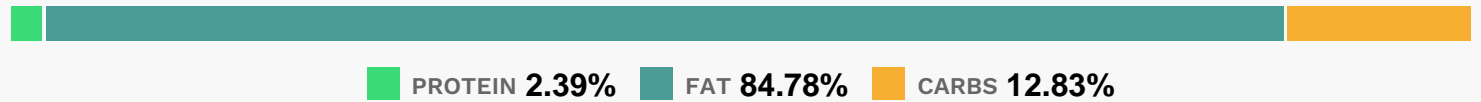
Equipment

- bowl
- ziploc bags

Directions

- Combine all ingredients in large heavy-duty resealable plastic bag. Shake bag to blend ingredients. Refrigerate at least 1 day and up to 3 days, turning bag occasionally.
- Transfer olives and some marinade to bowl.
- Let stand 1 hour at room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:12.380434803341%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 5.41mg, Hesperetin: 5.41mg, Hesperetin: 5.41mg, Hesperetin: 5.41mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 351.33kcal (17.57%), Fat: 35.27g (54.26%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 6.62g (2.41%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 2116.22mg (92.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin K: 80.77µg (76.92%), Vitamin E: 7.46mg (49.74%), Vitamin C: 31.06mg (37.64%), Vitamin A: 1108.81IU (22.18%), Fiber: 5.39g (21.57%), Copper: 0.21mg (10.41%), Calcium: 98.11mg (9.81%), Vitamin B6: 0.15mg (7.67%), Iron: 1.26mg (7.02%), Manganese: 0.12mg (6.17%), Magnesium: 23.43mg (5.86%), Folate: 22.36µg (5.59%), Potassium: 186.23mg (5.32%), Vitamin B1: 0.07mg (4.84%),

Selenium: 2.23µg (3.18%), Vitamin B3: 0.6mg (2.97%), Phosphorus: 24.34mg (2.43%), Vitamin B2: 0.04mg (2.23%),
Vitamin B5: 0.18mg (1.75%), Zinc: 0.22mg (1.45%)