



Citrus-Marinated Olives with Roasted Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



16

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinegar
- 1 teaspoon fennel seeds crushed
- 1 tablespoon rosemary leaves fresh chopped
- 1 cup kalamata olives pitted drained
- 1 teaspoon lemon zest grated
- 16 servings lemon zest
- 1 cup olives spanish pitted drained
- 1 teaspoon orange zest grated

- 0.3 cup roasted peppers red sliced (from 7.25-ounce jar)
- 0.3 cup bell pepper yellow sliced (from 12-ounce jar)
- 1 sprigs rosemary leaves fresh
- 0.3 cup vegetable oil

Equipment

Directions

- Mix oil, vinegar, orange peel, lemon peel, rosemary and fennel seed in medium bowl until blended. Stir in olives. Cover and refrigerate at least 1 hour to marinate.
- Just before serving, stir in bell peppers.
- Garnish with rosemary sprigs and orange spirals.

Nutrition Facts

PROTEIN 1.7% **FAT 87.15%** **CARBS 11.15%**

Properties

Glycemic Index:3.13, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.4573913203633%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.99kcal (3%), Fat: 6.03g (9.27%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 294.33mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin C: 5.93mg (7.19%), Vitamin K: 6.5µg (6.19%), Vitamin E: 0.92mg (6.15%), Fiber: 0.72g (2.88%), Vitamin A: 87.04IU (1.74%), Copper: 0.03mg (1.44%), Calcium: 13.55mg (1.36%), Manganese: 0.02mg (1.04%)