



Cracked Green Olives With Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon fennel seed
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 10 oz can olives green with pits canned
- ☐ 1 piece orange peel
- ☐ 0.3 teaspoon salt

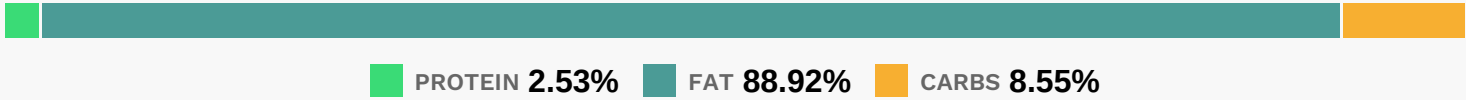
Equipment

- ☐ bowl

Directions

- ☐ Drain olives and discard brine. Using the back of a spoon, press each olive just hard enough to crack it open. Leave pit in.
- ☐ Put olives in a small bowl and add remaining ingredients. Turn to coat.
- ☐ Serve right away or let marinate, chilled, up to 1 month.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:5.8352174629336%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg

Nutrients (% of daily need)

Calories: 236.15kcal (11.81%), Fat: 24.65g (37.93%), Saturated Fat: 3.36g (21.03%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 2.24g (0.82%), Sugar: 0.38g (0.43%), Cholesterol: 0mg (0%), Sodium: 1253.75mg (54.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin E: 4.65mg (31.01%), Manganese: 0.29mg (14.35%), Fiber: 3.09g (12.37%), Iron: 1.57mg (8.72%), Vitamin K: 9.12µg (8.68%), Vitamin A: 425.68IU (8.51%), Calcium: 84.19mg (8.42%), Vitamin C: 5.78mg (7%), Copper: 0.11mg (5.74%), Magnesium: 21.45mg (5.36%), Vitamin B6: 0.11mg (5.32%), Potassium: 141.02mg (4.03%), Vitamin B2: 0.05mg (3.07%), Folate: 11.76µg (2.94%), Vitamin B3: 0.51mg (2.55%), Vitamin B1: 0.03mg (1.9%), Phosphorus: 15.88mg (1.59%), Zinc: 0.18mg (1.19%), Selenium: 0.81µg (1.15%)