



Creamy Black Olive Vinaigrette



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



4 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup less sodium chicken broth fat-free
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 cup olives ripe drained
- ☐ 2 tablespoons red wine vinegar

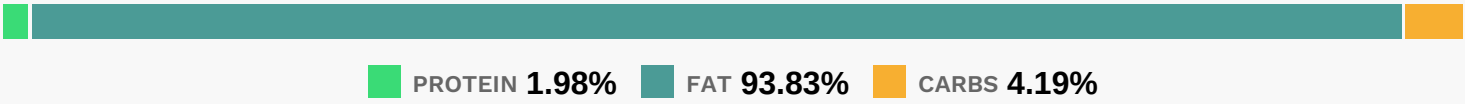
Equipment

- ☐ food processor

Directions

- ☐
- Place olives in a food processor; pulse 3 times until chopped.
- ☐
- Add broth and next 3 ingredients; pulse 3 to 4 times or until blended. With processor on, slowly add oil though food chute.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.0034782620066%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 67.73kcal (3.39%), Fat: 7.28g (11.2%), Saturated Fat: 1g (6.25%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 213.83mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin E: 1.24mg (8.29%), Vitamin K: 3.56µg (3.39%), Fiber: 0.5g (2.01%), Manganese: 0.02mg (1.14%), Copper: 0.02mg (1.1%), Vitamin A: 51.31IU (1.03%)