



Dusty Olives



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 10 servings olive oil
- ☐ 1.5 pounds pimiento-stuffed olives whole drained
- ☐ 0.5 teaspoon paprika smoked

Equipment

Directions

- ☐ Place olives in a 1-quart decorative container. Dust with smoked paprika. Fill jar with olive oil.

Nutrition Facts



PROTEIN 1.23% FAT 94.2% CARBS 4.57%

Properties

Glycemic Index:1.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.2086956501007%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Nutrients (% of daily need)

Calories: 222.7kcal (11.13%), Fat: 24.42g (37.57%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 1061.75mg (46.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin E: 4.64mg (30.92%), Fiber: 2.28g (9.12%), Vitamin K: 9.46µg (9.01%), Vitamin A: 316.65IU (6.33%), Copper: 0.08mg (4.12%), Calcium: 35.75mg (3.57%), Iron: 0.43mg (2.41%), Magnesium: 7.66mg (1.92%), Vitamin B6: 0.02mg (1.16%)