



Fabulous Olive Salsa by James



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



25

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 ounce olives black pitted to taste canned



4 cloves garlic peeled



4 ounce chilies green chopped canned



5 ounce olives green italica® such as



3 tablespoons olive oil



3 drops pepper sauce hot to taste tabasco® such as



1.5 tablespoons red wine vinegar



2 tomatoes cored

☐ 1 large onion white cut into large chunks

Equipment

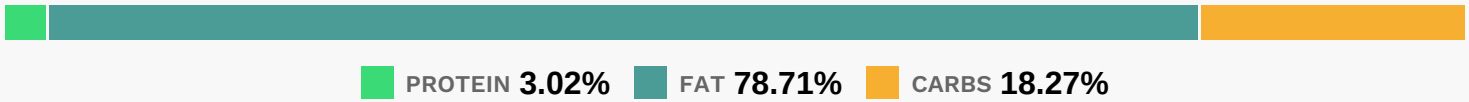
☐ food processor

☐ colander

Directions

- ☐ Drain green and black olives and green chiles in a colander. Chop white onion in a food processor, pulsing several times.
- ☐ Add green and black olives, green chiles, tomatoes, olive oil, red wine vinegar, garlic, and hot sauce to the processor. Pulse several more times to mix; process until chunky, 20 to 30 seconds.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.1713043684545%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 39.23kcal (1.96%), Fat: 3.62g (5.56%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 213.79mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.63%), Vitamin E: 0.77mg (5.15%), Fiber: 0.79g (3.17%), Vitamin C: 2.58mg (3.13%), Vitamin A: 131.35IU (2.63%), Vitamin K: 2µg (1.9%), Manganese: 0.03mg (1.37%), Vitamin B6: 0.03mg (1.25%), Copper: 0.02mg (1.23%), Potassium: 39.79mg (1.14%)