



Feta and Marinated Niçoise Olives with Grilled Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves (preferably Turkish)
- ☐ 8 servings cucumber english
- ☐ 1 pound feta cheese
- ☐ 1 garlic clove
- ☐ 0.3 teaspoon pepper black
- ☐ 1 optional: lemon
- ☐ 2 tablespoons olive oil

- ☐ 6 ounces olives
- ☐ 8 6-inch wholewheat pita breads
- ☐ 6 inch rosemary leaves fresh
- ☐ 2 thyme sprigs fresh

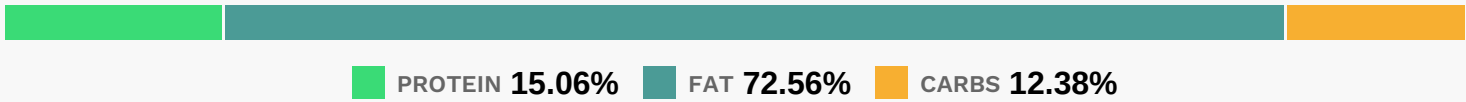
Equipment

- ☐ grill
- ☐ grill pan
- ☐ peeler

Directions

- ☐ With a vegetable peeler remove 4 wide strips zest from lemon. Thinly slice garlic. Break rosemary and thyme into 1-inch pieces and halve bay leaves. In a small airtight container stir together all marinated-olive ingredients. Marinate olives, covered and chilled, at least 2 hours and up to 1 month.
- ☐ Prepare grill.
- ☐ Put feta on a platter and pour olives and marinade over it. Lightly brush pitas with oil and season with salt and pepper. Grill pitas on a rack set 5 to 6 inches over glowing coals about 1 minute on each side. (Alternatively, grill pitas in a hot well-seasoned ridged grill pan over moderately high heat.)
- ☐ Serve pitas warm with feta and olives.
- ☐ Serve cucumber spears on the side.

Nutrition Facts



Properties

Glycemic Index:32.06, Glycemic Load:1.39, Inflammation Score:-7, Nutrition Score:10.316521654958%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg,

Naringenin: 0.55mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 230.03kcal (11.5%), Fat: 19.17g (29.5%), Saturated Fat: 8.54g (53.37%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 5.66g (2.06%), Sugar: 1.32g (1.47%), Cholesterol: 50.46mg (16.82%), Sodium: 985.4mg (42.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.91%), Calcium: 311.52mg (31.15%), Vitamin B2: 0.51mg (29.74%), Phosphorus: 209.76mg (20.98%), Vitamin B12: 0.96µg (15.97%), Vitamin B6: 0.29mg (14.57%), Selenium: 8.96µg (12.8%), Zinc: 1.79mg (11.93%), Vitamin C: 9.56mg (11.58%), Vitamin K: 12.06µg (11.49%), Vitamin E: 1.45mg (9.69%), Vitamin A: 449.9IU (9%), Vitamin B1: 0.12mg (7.7%), Vitamin B5: 0.74mg (7.37%), Fiber: 1.7g (6.78%), Folate: 26.4µg (6.6%), Magnesium: 23.58mg (5.89%), Manganese: 0.1mg (5.23%), Iron: 0.93mg (5.15%), Potassium: 157.1mg (4.49%), Copper: 0.08mg (4.04%), Vitamin B3: 0.72mg (3.62%), Vitamin D: 0.23µg (1.51%)