



Fig and Olive Tapenade



Vegetarian



Gluten Free

READY IN



265 min.

SERVINGS



6

CALORIES



286 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 8 ounce cream cheese
- ☐ 1 cup figs dried chopped
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 0.7 cup kalamata olives chopped

- ☐ 1 tablespoon olive oil
- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 0.5 cup water

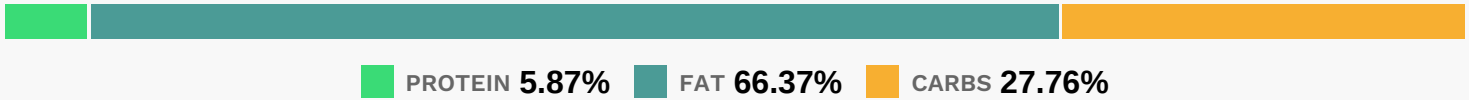
Equipment

- ☐ sauce pan

Directions

- ☐ Combine figs and water in a saucepan over medium heat. Bring to a boil, and cook until tender, and liquid has reduced.
- ☐ Remove from heat, and stir in the olive oil, balsamic vinegar, rosemary, thyme, and cayenne.
- ☐ Add olives and garlic, and mix well. Season with salt and pepper to taste. Cover, and refrigerate for 4 hours or overnight to allow flavors to blend.
- ☐ Unwrap cream cheese block, and place on a serving platter. Spoon tapenade over cheese, and sprinkle with walnuts.
- ☐ Serve with slices of French bread or crackers.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:5.38, Inflammation Score:-6, Nutrition Score:6.5939130575761%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 285.98kcal (14.3%), Fat: 22.13g (34.05%), Saturated Fat: 8.71g (54.41%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 17.35g (6.31%), Sugar: 14.39g (15.98%), Cholesterol: 38.18mg (12.73%), Sodium: 551.65mg (23.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Manganese: 0.39mg (19.6%), Fiber: 3.48g

(13.91%), Vitamin A: 612IU (12.24%), Copper: 0.21mg (10.45%), Calcium: 98.54mg (9.85%), Vitamin E: 1.41mg (9.37%), Vitamin K: 9.4µg (8.95%), Magnesium: 33.83mg (8.46%), Phosphorus: 83.31mg (8.33%), Potassium: 266.97mg (7.63%), Vitamin B2: 0.12mg (7.1%), Iron: 1.1mg (6.09%), Selenium: 4.01µg (5.73%), Vitamin B6: 0.1mg (5.13%), Zinc: 0.59mg (3.94%), Vitamin B1: 0.06mg (3.89%), Vitamin B5: 0.37mg (3.7%), Folate: 13.08µg (3.27%), Vitamin B3: 0.32mg (1.6%), Vitamin B12: 0.08µg (1.39%), Vitamin C: 0.85mg (1.03%)