



Fig and Pomegranate Tapenade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



141 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 8 figs fresh stemmed ripe halved
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 0.5 cup kalamata olives pitted coarsely chopped
- ☐ 1.5 tablespoons olive oil
- ☐ 2.5 teaspoons pomegranate molasses
- ☐ 0.5 teaspoon sherry wine vinegar
- ☐ 0.5 cup walnuts toasted coarsely chopped

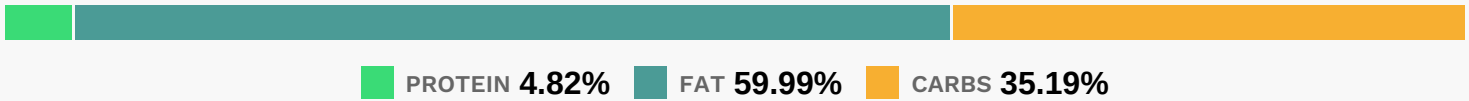
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler. Line small baking sheet with foil.
- ☐ Brush foil with olive oil. Lightly brush figs with 1/2 tablespoon olive oil. Arrange figs, cut side up, on sheet. Broil until figs are lightly browned at edges, about 3 minutes. Cool on baking sheet.
- ☐ Combine figs, olives, capers, pomegranate molasses, rosemary, and vinegar in processor. Using on/off turns, coarsely chop figs and olives. With motor running, add remaining 1tablespoon oil. Season to taste with salt and pepper.
- ☐ Transfer to bowl. Stir in walnuts.
- ☐ Let tapenade stand 2 hours at room temperature to blend flavors. (Can be prepared 5 days ahead. Cover and refrigerate. Bring to room temperature before serving.)
- ☐ *A thick pomegranate syrup that's available at Middle Eastern markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:11.57, Glycemic Load:5.8, Inflammation Score:-3, Nutrition Score:4.2126086587491%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 141.33kcal (7.07%), Fat: 10.11g (15.55%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 10.77g (3.91%), Sugar: 10.21g (11.34%), Cholesterol: 0mg (0%), Sodium: 182.91mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Manganese: 0.36mg (17.99%), Fiber: 2.58g (10.3%), Copper: 0.19mg (9.44%), Vitamin E: 0.93mg (6.21%), Magnesium: 24.4mg (6.1%), Vitamin B6: 0.11mg (5.64%), Potassium: 174.29mg (4.98%), Vitamin K: 5.13µg (4.89%), Vitamin B1: 0.06mg (4.33%), Phosphorus: 37.46mg (3.75%), Calcium: 33.8mg (3.38%), Folate: 12.2µg (3.05%), Iron: 0.54mg (3.01%), Vitamin B2: 0.04mg (2.55%), Vitamin A: 123.12IU (2.46%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.22mg (2.22%), Vitamin B3: 0.35mg (1.76%), Vitamin C: 1.31mg (1.59%)