



Fig-Olive Tapenade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 fillet anchovy
- ☐ 170 g olives black pitted rinsed
- ☐ 2 teaspoons capers rinsed drained
- ☐ 8 servings pepper black freshly ground
- ☐ 60 ml olive oil extra virgin
- ☐ 85 g figs dried black stemmed quartered
- ☐ 1 teaspoon rosemary leaves fresh finely chopped
- ☐ 1 garlic clove peeled

- ☐ 1.5 tablespoons juice of lemon
- ☐ 250 ml water
- ☐ 2 teaspoons coarse mustard

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ mortar and pestle

Directions

- ☐ In a small saucepan, simmer the figs in the water with the lid askew for 10 to 20 minutes, until very tender.
- ☐ Drain.
- ☐ If using a mortar and pestle, mash the olives with the garlic, capers, anchovies, mustard, and rosemary. (Sometimes I chop the olives first, which means less pounding later.) Pound in the figs. Once they are broken up, stir in the lemon juice and olive oil. Season with salt and pepper.
- ☐ If using a food processor, pulse the olives, figs, garlic, capers, anchovies, mustard, rosemary, and lemon juice to create a thick paste. Pulse in the olive oil until you've achieved a chunky-smooth paste. Don't overdo it; good tapenade should be slightly rough. Season with salt and pepper, if necessary.
- ☐ Fig-Olive Tapenade can be made up to two weeks in advance and stored in the refrigerator. It's actually better served at least a day after it's made.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From The Sweet Life in Paris by David Lebovitz. Copyright (c) 2009 by David Lebovitz. Published by Broadway Books. David Lebovitz lived in San Francisco for twenty years before moving to Paris. He baked at several notable restaurants before starting his career as a cookbook author and food writer. He's the author of four highly regarded books on desserts, and has written for many major food magazines, sharing his well-tested recipes written with a soupçon of humor. His popular, award-winning blog, www.davidlebovitz.com, entertains readers from around the world with sweet and savory recipes as he tries to unravel the complexities of living in Paris.

Nutrition Facts

 PROTEIN 2.27%  FAT 85.38%  CARBS 12.35%

Properties

Glycemic Index:19.38, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:1.9147826099525%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 102.84kcal (5.14%), Fat: 10.24g (15.75%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.94g (2.16%), Cholesterol: 0.6mg (0.2%), Sodium: 362.06mg (15.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin E: 1.83mg (12.18%), Vitamin K: 5.23µg (4.98%), Fiber: 1.12g (4.49%), Copper: 0.05mg (2.29%), Vitamin A: 101.79IU (2.04%), Manganese: 0.04mg (1.97%), Calcium: 19.56mg (1.96%), Vitamin C: 1.45mg (1.75%), Selenium: 1.07µg (1.53%), Magnesium: 6.08mg (1.52%), Iron: 0.26mg (1.45%), Vitamin B6: 0.03mg (1.36%), Potassium: 45.36mg (1.3%), Vitamin B3: 0.25mg (1.25%), Vitamin B1: 0.02mg (1.03%)