



Fig Tapenade

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.8 cup calamata olives pitted drained coarsely chopped
- 6 fillet anchovy canned drained
- 2 teaspoons capers drained
- 1 teaspoon tarragon dried
- 0.5 pound figs black ripe
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons sugar

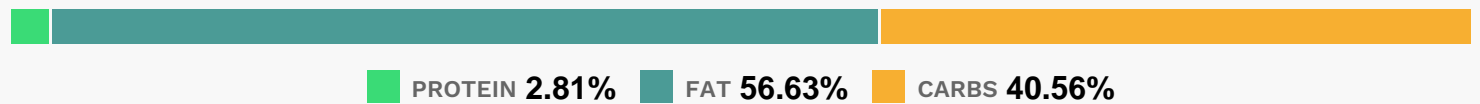
Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- Rinse the figs, trim off and discard stems, and coarsely chop fruit. In a 1- to 2-quart pan over medium-high heat, combine figs, sugar, and 1 tablespoon water. Stir occasionally until mixture is boiling gently and figs turn shiny and darker, 3 to 5 minutes.
- In a food processor or a blender, whirl fig mixture, olives, anchovies, capers, tarragon, and olive oil until coarsely pureed, scraping container sides as necessary. Scrape mixture into a small bowl.

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:9.98, Inflammation Score:-3, Nutrition Score:3.6843478271495%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 168.5kcal (8.42%), Fat: 11.25g (17.31%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 15.59g (5.67%), Sugar: 15.37g (17.08%), Cholesterol: 1.27mg (0.43%), Sodium: 478.69mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.51%), Vitamin E: 2.09mg (13.96%), Fiber: 2.55g (10.19%), Vitamin K: 7.66µg (7.3%), Manganese: 0.11mg (5.75%), Potassium: 166.02mg (4.74%), Vitamin B6: 0.09mg (4.36%), Calcium: 42.71mg (4.27%), Copper: 0.08mg (4.13%), Vitamin A: 202.97IU (4.06%), Magnesium: 15.52mg (3.88%), Iron: 0.62mg (3.46%), Vitamin B3: 0.64mg (3.18%), Vitamin B1: 0.04mg (2.8%), Vitamin B2: 0.04mg (2.63%), Selenium: 1.43µg (2.05%), Vitamin B5: 0.19mg (1.9%), Vitamin C: 1.43mg (1.73%), Folate: 5.96µg (1.49%), Phosphorus: 14.4mg (1.44%), Zinc: 0.16mg (1.03%)