



Fried Green Olives Stuffed with Blue Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 6 servings all purpose flour
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 1 large eggs beaten to blend
- ☐ 1 ounce mild cheese blue () (such as Maytag)
- ☐ 24 olives dry spanish pitted
- ☐ 6 servings vegetable oil; peanut oil preferred for frying

Equipment

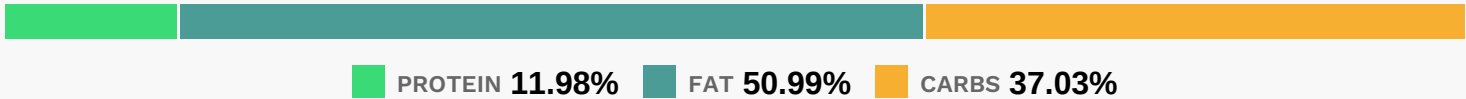
- ☐ frying pan

- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Roll small amount of cheese into log shape narrow enough to stuff into 1 pitted olive; stuff olive with cheese. Repeat with remaining olives and cheese. DO AHEAD Can be made 1 day ahead. Cover and chill.
- ☐ Pour enough oil into heavy large skillet to measure depth of 1 inch.
- ☐ Heat oil to 350°F.
- ☐ Roll stuffed olives in flour, then in egg, then in breadcrumbs to coat. Fry olives until golden brown, about 30 seconds. Using slotted spoon, transfer olives to paper towels to drain.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:4.17, Inflammation Score:-2, Nutrition Score:4.4121739164643%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 139.4kcal (6.97%), Fat: 7.95g (12.23%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 11.85g (4.31%), Sugar: 0.72g (0.8%), Cholesterol: 34.54mg (11.51%), Sodium: 381.8mg (16.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Selenium: 8.2µg (11.71%), Vitamin B1: 0.15mg (10.26%), Vitamin E: 1.16mg (7.73%), Vitamin B2: 0.13mg (7.68%), Folate: 29.45µg (7.36%), Manganese: 0.14mg (6.83%), Phosphorus: 58.38mg (5.84%), Iron: 1.02mg (5.68%), Vitamin B3: 1.13mg (5.66%), Calcium: 55.53mg (5.55%), Fiber: 1.14g (4.54%), Copper: 0.06mg (3.04%), Vitamin B5: 0.3mg (2.96%), Vitamin A: 143.93IU (2.88%), Zinc: 0.42mg (2.82%), Vitamin B12: 0.16µg (2.72%), Magnesium: 9.37mg (2.34%), Vitamin B6: 0.04mg (2.06%), Potassium: 55.98mg (1.6%), Vitamin D: 0.19µg (1.27%)