



Fried Olives

READY IN



40 min.

SERVINGS



4

CALORIES



965 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 cup bread crumbs
- 1 cup canola oil
- 1 teaspoon chili powder
- 2 eggs beaten
- 0.8 cup flour all-purpose
- 0.5 teaspoon garlic powder
- 1 pound manchego cheese cubed
- 4 servings colossal olives black pitted

4 servings colossal olives green pitted

0.5 pound serrano ham thinly sliced

Equipment

paper towels

Directions

Watch how to make this recipe.

Heat canola oil to 350 degrees F. (Drop a very small piece of bread crumb into the oil if it starts to sizzle the oil is hot enough.)

Drain the olives.

Mix flour, garlic powder and chili powder together and place in a shallow dish.

Pour eggs into another dish, and bread crumbs with ground black pepper into a third.

Roll the olives in the flour, then roll them in the beaten egg and finally roll them in the bread crumbs. Set on a plate to give the breading a chance to dry and form a crust while the oil heats.

When oil is hot, put half the olives into it, being careful not to drop them and splatter hot oil. Fry until golden brown, then remove and drain on paper towels. Be sure to tip the oil out of the center of the olive.

Serve on a platter with Manchego cheese cubes and slices of serrano ham.

Nutrition Facts

 **PROTEIN 22.77%** **FAT 62.8%** **CARBS 14.43%**

Properties

Glycemic Index:28, Glycemic Load:12.98, Inflammation Score:-6, Nutrition Score:16.007391297704%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg

Nutrients (% of daily need)

Calories: 964.86kcal (48.24%), Fat: 67.36g (103.63%), Saturated Fat: 31.99g (199.95%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 31.7g (11.53%), Sugar: 1.66g (1.85%), Cholesterol: 233.57mg (77.86%), Sodium:

2614.31mg (113.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.96g (109.91%), Calcium: 1290.11mg (129.01%), Selenium: 20.37µg (29.09%), Vitamin B1: 0.4mg (26.68%), Vitamin E: 3.94mg (26.27%), Vitamin A: 1049.31IU (20.99%), Manganese: 0.4mg (19.81%), Iron: 3.46mg (19.22%), Folate: 76.46µg (19.11%), Vitamin B2: 0.31mg (18.02%), Vitamin B3: 2.9mg (14.51%), Fiber: 3.14g (12.54%), Phosphorus: 107.33mg (10.73%), Vitamin K: 10.96µg (10.44%), Copper: 0.16mg (7.98%), Vitamin B5: 0.57mg (5.72%), Magnesium: 22.36mg (5.59%), Zinc: 0.79mg (5.29%), Vitamin B6: 0.1mg (5.1%), Vitamin B12: 0.27µg (4.44%), Potassium: 129.47mg (3.7%), Vitamin D: 0.44µg (2.93%)