

Garlic Parmesan Olives



Gluten Free

READY IN

ready

65 min.

SERVINGS

servings

8

CALORIES

calories

55 kcal

SIDE DISH

Ingredients

- ☐ 6 ounce olives black drained canned
- ☐ 0.5 teaspoon basil dried
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons parmesan cheese grated

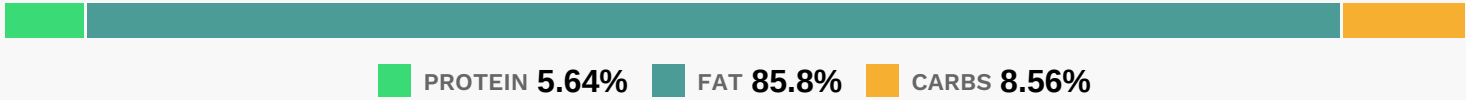
Equipment

- ☐ bowl

Directions

☐ In a small bowl, combine olives, garlic, basil, and black pepper. Stir in the olive oil and Parmesan cheese. Stir well and chill, covered for at least one hour before serving.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.2565217327489%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 55.06kcal (2.75%), Fat: 5.53g (8.51%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.12g (0.13%), Cholesterol: 1.63mg (0.54%), Sodium: 364.66mg (15.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin E: 1.08mg (7.2%), Fiber: 0.75g (3%), Calcium: 30mg (3%), Vitamin K: 2.56µg (2.44%), Vitamin A: 100.62IU (2.01%), Copper: 0.03mg (1.48%), Phosphorus: 13.58mg (1.36%), Selenium: 0.91µg (1.29%), Manganese: 0.02mg (1.1%), Iron: 0.19mg (1.06%)