

Garlic Parmesan Olives

 **Gluten Free**

READY IN



65 min.

SERVINGS



8

CALORIES



55 kcal

SIDE DISH

Ingredients

- 6 ounce olives black drained canned
- 0.5 teaspoon basil dried
- 1 clove garlic minced
- 0.3 teaspoon 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

PROTEIN 5.64% **FAT 85.8%** **CARBS 8.56%**

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: 0g (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%)