

Greek Tapenade



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



60 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons feta cheese crumbled
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 1 tablespoon bottled roasted bell peppers red chopped

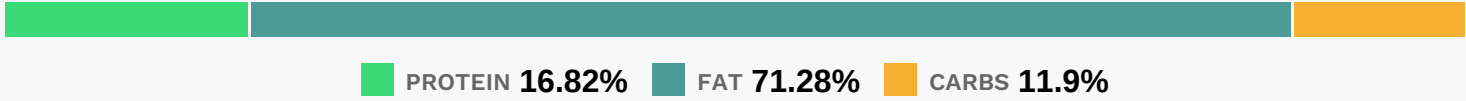
Equipment

- ☐ food processor

Directions

☐ Place all ingredients in a mini food processor; pulse 2 or 3 times or until minced.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:3.2882608512174%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 60.09kcal (3%), Fat: 4.93g (7.58%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.15g (0.16%), Cholesterol: 15.13mg (5.04%), Sodium: 420mg (18.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Calcium: 99.81mg (9.98%), Vitamin B2: 0.15mg (8.8%), Vitamin C: 5.06mg (6.14%), Phosphorus: 60.09mg (6.01%), Vitamin B12: 0.29µg (4.79%), Vitamin B6: 0.09mg (4.75%), Selenium: 2.67µg (3.82%), Zinc: 0.52mg (3.48%), Vitamin K: 3.53µg (3.36%), Vitamin A: 150.53IU (3.01%), Vitamin E: 0.43mg (2.88%), Fiber: 0.63g (2.5%), Iron: 0.4mg (2.22%), Folate: 8.61µg (2.15%), Vitamin B1: 0.03mg (2.1%), Manganese: 0.04mg (2.09%), Vitamin B5: 0.18mg (1.79%), Magnesium: 6.5mg (1.62%), Copper: 0.03mg (1.43%), Vitamin B3: 0.26mg (1.28%)