



Green Olive-Almond Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds unsalted toasted
- ☐ 8 servings pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup flat-leaf parsley leaves loosely packed
- ☐ 1 small garlic clove
- ☐ 1 cup olives green pitted
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup olive oil extra-virgin

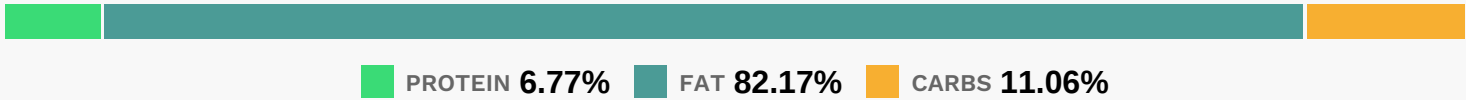
Equipment

☐ food processor

Directions

- ☐ In a food processor, combine olives, almonds, parsley, and garlic; whirl until very finely chopped.
- ☐ Add oil, lemon juice, mustard, and a generous grind of black pepper; whirl until as smooth as possible.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:7.6378261498783%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 129.49kcal (6.47%), Fat: 12.56g (19.33%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.8g (0.89%), Cholesterol: 0mg (0%), Sodium: 286.36mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin K: 65.19µg (62.08%), Vitamin E: 3.76mg (25.07%), Manganese: 0.24mg (11.91%), Vitamin C: 9.05mg (10.97%), Fiber: 1.94g (7.77%), Vitamin A: 384.83IU (7.7%), Magnesium: 29.64mg (7.41%), Vitamin B2: 0.11mg (6.48%), Copper: 0.12mg (6.17%), Phosphorus: 49.41mg (4.94%), Calcium: 40.96mg (4.1%), Iron: 0.73mg (4.06%), Potassium: 109.55mg (3.13%), Folate: 12.33µg (3.08%), Zinc: 0.35mg (2.32%), Vitamin B3: 0.44mg (2.18%), Vitamin B1: 0.03mg (2.13%), Selenium: 1.23µg (1.75%), Vitamin B6: 0.03mg (1.59%)