



Green Olive and Almond Tapenade



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



121 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 sticks crusty baguette toasted
- ☐ 0.5 cup parsley fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 cups oil-cured olives green pitted (10-ounce jar)
- ☐ 0.7 cup olive oil
- ☐ 0.3 cup slivered almonds toasted

Equipment

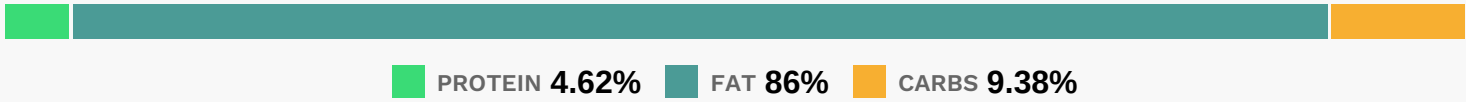
- ☐ food processor

☐ bowl

Directions

- ☐ Blend olives, parsley, almonds, and lemon juice in bowl of a food processor, scraping down side occasionally, until finely chopped.
- ☐ Add oil in a stream with motor running to form a paste.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:7.493478378524%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 120.76kcal (6.04%), Fat: 12.27g (18.87%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.55g (0.62%), Cholesterol: 0mg (0%), Sodium: 530.52mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin K: 85.37µg (81.3%), Vitamin E: 3.17mg (21.16%), Vitamin A: 554.18IU (11.08%), Vitamin C: 8.59mg (10.41%), Fiber: 1.86g (7.44%), Manganese: 0.11mg (5.61%), Copper: 0.1mg (4.77%), Magnesium: 18.71mg (4.68%), Iron: 0.68mg (3.77%), Calcium: 37.08mg (3.71%), Vitamin B2: 0.06mg (3.52%), Folate: 11.77µg (2.94%), Phosphorus: 26.45mg (2.65%), Potassium: 80.26mg (2.29%), Vitamin B3: 0.32mg (1.6%), Vitamin B1: 0.02mg (1.52%), Zinc: 0.21mg (1.41%), Vitamin B6: 0.02mg (1.18%)