



Green Olive and Preserved Lemon Tapenade



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



1

CALORIES



475 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 fillet anchovy chopped
- ☐ 1 tablespoon capers
- ☐ 2 cloves garlic chopped
- ☐ 1 cup olives green pitted
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parsley chopped
- ☐ 2 tablespoons simple preserved lemons rinsed chopped

Equipment

☐

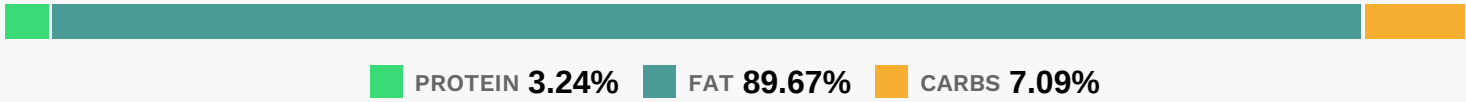
 food processor

Directions

☐

 Pulse everything in a food processor until the desire consistency is reached.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:12.266521710417%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 10.58mg, Kaempferol: 10.58mg, Kaempferol: 10.58mg, Kaempferol: 10.58mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg

Nutrients (% of daily need)

Calories: 474.55kcal (23.73%), Fat: 49.26g (75.79%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 2.85g (1.03%), Sugar: 1.8g (2%), Cholesterol: 4.8mg (1.6%), Sodium: 2339.66mg (101.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin K: 86.42µg (82.31%), Vitamin E: 9.33mg (62.18%), Fiber: 6.36g (25.44%), Vitamin A: 883.09IU (17.66%), Copper: 0.23mg (11.64%), Calcium: 101.82mg (10.18%), Vitamin C: 7.54mg (9.13%), Iron: 1.56mg (8.68%), Vitamin B3: 1.59mg (7.94%), Selenium: 5.09µg (7.27%), Vitamin B6: 0.13mg (6.66%), Magnesium: 24.27mg (6.07%), Manganese: 0.12mg (5.93%), Potassium: 137.04mg (3.92%), Vitamin B1: 0.05mg (3.31%), Folate: 12.87µg (3.22%), Phosphorus: 31.62mg (3.16%), Vitamin B2: 0.05mg (3.03%), Zinc: 0.33mg (2.2%), Vitamin B5: 0.14mg (1.37%)