



Green Olive Pimiento Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

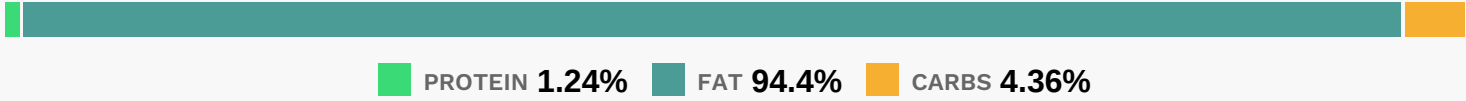
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 7 oz pimiento-stuffed olives green dry drained finely chopped
- ☐ 1 teaspoon whole-grain dijon mustard

Equipment

Directions

☐ Stir together all ingredients and let stand 30 minutes to allow flavors to develop.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:2.0756521957076%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 115.28kcal (5.76%), Fat: 12.58g (19.35%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 395.07mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin E: 2.26mg (15.05%), Vitamin K: 11.84µg (11.27%), Vitamin A: 232.96IU (4.66%), Fiber: 0.92g (3.67%), Copper: 0.04mg (1.85%), Calcium: 16.08mg (1.61%), Iron: 0.23mg (1.27%), Manganese: 0.02mg (1.18%), Vitamin B6: 0.02mg (1.02%)