



Green Olive Tapenade



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



204 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 fillet anchovy drained coarsely chopped
- ☐ 2 tablespoons capers drained
- ☐ 2 teaspoons cognac
- ☐ 2 tablespoons parsley fresh coarsely chopped
- ☐ 1 cup oil-cured olives green such as sicilian or picholine (5 ounces), pitted and coarsely chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

Equipment

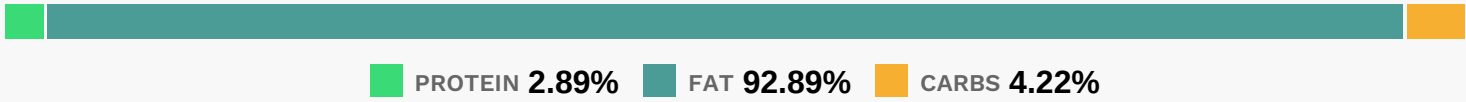
- ☐ food processor

☐ bowl

Directions

- ☐ In a food processor, combine the olives, anchovies, capers and parsley and process to a paste. Scrape the paste into a small bowl and stir in the olive oil and Cognac.
- ☐ Make Ahead: The tapenade can be refrigerated for up to 2 days.
- ☐ Let return to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:5.5465216507082%

Flavonoids

Apigenin: 5.76mg, Apigenin: 5.76mg, Apigenin: 5.76mg, Apigenin: 5.76mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 7.04mg, Kaempferol: 7.04mg, Kaempferol: 7.04mg, Kaempferol: 7.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 204.14kcal (10.21%), Fat: 21.15g (32.53%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.29g (0.32%), Cholesterol: 2.4mg (0.8%), Sodium: 855.65mg (37.2%), Alcohol: 1.11g (100%), Alcohol %: 1.9% (100%), Protein: 1.48g (2.97%), Vitamin K: 54.11µg (51.53%), Vitamin E: 3.82mg (25.47%), Vitamin A: 410.85IU (8.22%), Fiber: 1.74g (6.97%), Vitamin C: 3.78mg (4.58%), Copper: 0.09mg (4.35%), Iron: 0.68mg (3.8%), Vitamin B3: 0.74mg (3.69%), Calcium: 35.23mg (3.52%), Selenium: 1.93µg (2.76%), Magnesium: 9.68mg (2.42%), Folate: 6.99µg (1.75%), Potassium: 51.33mg (1.47%), Vitamin B2: 0.02mg (1.39%), Vitamin B6: 0.02mg (1.17%), Phosphorus: 10.97mg (1.1%), Vitamin B1: 0.02mg (1.01%)