 **81%**
HEALTH SCORE

Green Olive Tree

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



240 min.

SERVINGS



1

CALORIES



5200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 inches beef base
- 35 ounces olive green pitted drained
- 0.5 cup orange juice
- 1 cup orange marmalade melted
- 0.5 cup orange zest shredded
- 1 serving you will also need: parchment paper
- 2 cups roasted peanuts
- 3 cups vegetable oil

- 1 frangelico with dowel and base, 8 inches tall cone-shaped
- 1 serving frangelico
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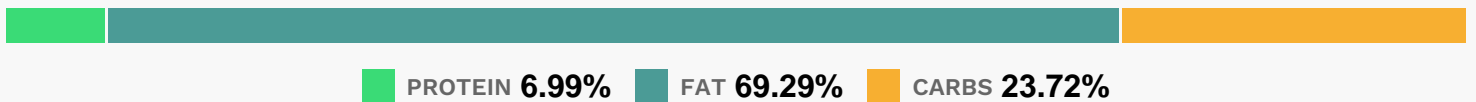
Equipment

- pot
- toothpicks

Directions

- Mix olives, oil, orange peel, orange juice and marmalade. Cover and refrigerate 3 to 4 hours to blend flavors.
- Press topiary base securely in flowerpot (glue if necessary). Fill pot 2/3 full with rocks. Insert toothpicks into topiary cone; place olives on toothpicks.
- Line top of pot with tissue paper; cover with peanuts.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:6.58, Inflammation Score:-10, Nutrition Score:73.304347701695%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Luteolin: 5.56mg, Luteolin: 5.56mg, Luteolin: 5.56mg, Luteolin: 5.56mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 5199.75kcal (259.99%), Fat: 426.68g (656.42%), Saturated Fat: 62.45g (390.3%), Carbohydrates: 328.74g (109.58%), Net Carbohydrates: 262.41g (95.42%), Sugar: 209.62g (232.91%), Cholesterol: 0.6mg (0.2%), Sodium: 19978.8mg (868.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.85g (193.7%), Manganese: 7.01mg (350.67%), Vitamin E: 48.87mg (325.77%), Fiber: 66.33g (265.3%), Vitamin K: 254.56µg (242.43%), Vitamin B3: 47.52mg (237.62%), Copper: 3.51mg (175.45%), Vitamin C: 142.64mg (172.9%), Magnesium: 636.86mg (159.21%), Phosphorus: 1243.07mg (124.31%), Folate: 483.01µg (120.75%), Calcium: 1028.57mg (102.86%), Potassium: 3202.82mg (91.51%), Vitamin A: 4547.74IU (90.95%), Vitamin B1: 1.35mg (89.99%), Iron: 12.97mg (72.08%), Vitamin B6: 1.28mg (63.78%), Selenium: 37.14µg (53.06%), Vitamin B5: 4.85mg (48.5%), Zinc: 6.58mg (43.87%), Vitamin B2: 0.51mg (30.14%), Vitamin B12: 0.13µg (2.12%)