

Grilled Bacon-Wrapped Olives



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



30

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 slices bacon cut into thirds
- 30 olive green pitted

Equipment

- paper towels
- toothpicks
- grill

Directions

- Wrap each olive with a piece of bacon and secure with a toothpick.
- Preheat a grill for medium heat. When hot, lightly oil the grate.
- Grill the olives until the bacon has crisped, about 10 minutes. Turn frequently and keep a spray bottle handy in case of flare-ups from the bacon grease.
- Remove to a paper towel lined plate to absorb any excess grease.

Nutrition Facts

PROTEIN 10.58% **FAT 86.72%** **CARBS 2.7%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.58000000120829%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 36.38kcal (1.82%), Fat: 3.52g (5.42%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.12g (0.04%), Sugar: 0.02g (0.02%), Cholesterol: 4.84mg (1.61%), Sodium: 110.95mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.93%), Selenium: 1.51µg (2.16%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.41%), Vitamin E: 0.18mg (1.23%), Phosphorus: 10.72mg (1.07%), Vitamin B6: 0.02mg (1.04%)