

SIDE DISH

Guid-Olives or Guido-Lives

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	5 min	20 min	8	\$0.73	135 kcal



Guid-Olives or Guido-Lives takes approximately 25 minutes from beginning to end. Watching your figure? This gluten free, dairy free, paleolithic, and lacto ovo vegetarian recipe has 136 calories, 1g of protein, and 12g of fat per serving. This recipe serves 8 and costs 73 cents per serving.

Ingredients

- | | |
|--|---|
| ☐ ½ cup baby carrots | ☐ 3 tablespoons balsamic vinegar |
| ☐ ½ cup black olives, seeded | ☐ ½ cup garlic cloves, cut in halves |
| ☐ ¼ cup extra-virgin olive oil | ☐ ½ cup kalamata or jumbo gaeta olives, seeded |
| ☐ 1 cup Spanish olives | ☐ 1 teaspoon peppercorns |
| ☐ ¼ cup whole pepperoncini | ☐ ¼ red bell pepper, julienned |
| ☐ ½ teaspoon red chili flakes | ☐ ¼ red onion, julienned |
| ☐ 2 fresh rosemary sprigs, cut in 1/2 | |

Method

- 1

In a medium saute pan over medium-low heat, add the olive oil, garlic, onions, red bell peppers, rosemary, chili flakes, and peppercorns.
- 2

Let saute for 10 minutes.
- 3

Add olives, pepperoncini, carrots and vinegar, stir and simmer for 10 minutes over low heat.
- 4

Serve warm.

Nutrition per serving			
	135 KCAL	1 g PROTEIN	12 g FAT
Saturated Fat			7 g CARBS
Fibre			1.7 g · 10% of daily needs
Sugar			2 g · 8% of daily needs
Sodium			1.9 g · 2% of daily needs
Cholesterol			539 mg · 23% of daily needs
Vitamin C			0 mg · 0% of daily needs
			11.1 mg · 14% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/guid-olives-or-guido-lives-148440