

Herbed Kalamata Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



592 kcal

SIDE DISH

Ingredients

- 1 teaspoon coriander seeds
- 6 cups olives black
- 0.5 optional: lemon
- 1.5 cups olive oil
- 8 thyme sprigs fresh

Equipment

- bowl
- frying pan

- knife
- mortar and pestle

Directions

- In a dry small heavy skillet toast seeds over moderate heat, shaking skillet, until fragrant, about 1 minute, and cool. With a mortar and pestle or with bottom of a heavy skillet coarsely crush seeds.
- Drain olives and thinly slice lemon. With flat side of a large knife lightly bruise thyme and in a bowl stir together all ingredients. Marinate olives, covered and chilled, at least 3 days and up to 1 week. Bring olives to room temperature, about 15 minutes, before serving.

Nutrition Facts



PROTEIN 2.03% **FAT 89.72%** **CARBS 8.25%**

Properties

Glycemic Index:23.5, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:11.99130434057%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 592.34kcal (29.62%), Fat: 63.13g (97.12%), Saturated Fat: 8.49g (53.05%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 3g (1.09%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 4213.27mg (183.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Vitamin E: 13.42mg (89.5%), Fiber: 10.07g (40.27%), Vitamin A: 1191.75IU (23.84%), Copper: 0.35mg (17.6%), Vitamin C: 13.95mg (16.91%), Calcium: 160.82mg (16.08%), Vitamin K: 16.78µg (15.98%), Iron: 2.13mg (11.81%), Magnesium: 37.61mg (9.4%), Vitamin B6: 0.11mg (5.37%), Potassium: 163.14mg (4.66%), Vitamin B1: 0.07mg (4.45%), Selenium: 2.68µg (3.82%), Vitamin B3: 0.72mg (3.6%), Manganese: 0.06mg (3.2%), Folate: 11.28µg (2.82%), Vitamin B2: 0.04mg (2.18%), Phosphorus: 19.23mg (1.92%), Zinc: 0.2mg (1.32%), Vitamin B5: 0.11mg (1.07%)