



Honeyed Olives



Vegetarian



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



3

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon rosemary fresh minced
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 2 cups olives assorted
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 1 sprigs garnishes: rosemary of lemon peel fresh
- ☐ 0.5 teaspoon cumin seeds whole

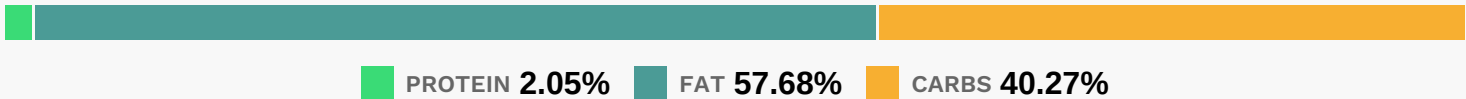
Equipment

- ☐ frying pan
- ☐ rolling pin
- ☐ mortar and pestle

Directions

- ☐ Place cumin seeds in a small dry skillet, and cook over medium heat, stirring constantly, about 3 minutes or until lightly toasted and fragrant.
- ☐ Transfer to a small plate; cool. Crush cumin seeds in mortar and pestle. (Or place in a heavy-duty zip-top bag, and crush with a rolling pin.)
- ☐ Combine cumin, olives, and next 5 ingredients in a shallow airtight container, stirring to coat. Cover and refrigerate at least 24 hours or up to 1 week, stirring occasionally. Bring to room temperature before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:9.03, Inflammation Score:-4, Nutrition Score:3.6939130451368%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 198.54kcal (9.93%), Fat: 13.89g (21.36%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 18.59g (6.76%), Sugar: 18.03g (20.04%), Cholesterol: 0mg (0%), Sodium: 1406.94mg (61.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin E: 3.49mg (23.26%), Fiber: 3.22g (12.87%), Vitamin A: 384.72IU (7.69%), Vitamin C: 5.3mg (6.42%), Copper: 0.12mg (6.1%), Calcium: 53.48mg (5.35%), Iron: 0.78mg (4.35%), Magnesium: 12.44mg (3.11%), Vitamin B6: 0.04mg (2.13%), Potassium: 68.43mg (1.96%), Vitamin B1: 0.02mg (1.61%), Manganese: 0.03mg (1.54%), Selenium: 1.03µg (1.47%), Vitamin B3: 0.28mg (1.39%), Folate: 5.34µg

(1.34%), Vitamin K: 1.37µg (1.3%), Vitamin B2: 0.02mg (1.09%)