



Italian Sautéed Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



20

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon spring onion chopped
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 cloves garlic finely chopped
- ☐ 8 oz kalamata olives pitted drained
- ☐ 8 oz greek olives green pitted drained
- ☐ 8 oz olives pitted drained

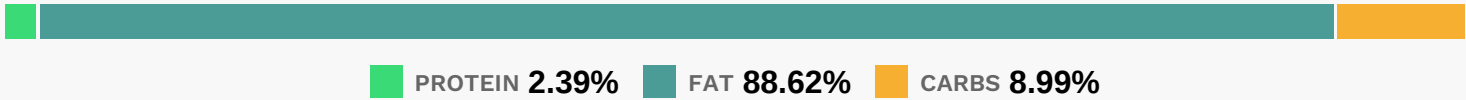
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, heat oil over medium heat. Cook parsley, onion, red pepper and garlic in oil about 4 minutes, stirring frequently, until garlic just begins to become golden brown.
- ☐ Stir in olives. Cover and cook about 5 minutes, stirring occasionally, until olives are tender and skins begin to wrinkle.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:1.7434782395544%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 62.32kcal (3.12%), Fat: 6.58g (10.13%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.2g (0.23%), Cholesterol: 0mg (0%), Sodium: 532.67mg (23.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin K: 10.27µg (9.78%), Vitamin E: 1.45mg (9.67%), Fiber: 1.18g (4.74%), Vitamin A: 200.06IU (4%), Copper: 0.04mg (2.18%), Calcium: 19.33mg (1.93%), Iron: 0.22mg (1.21%), Magnesium: 4.23mg (1.06%)