

Kalamata Caviar



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce feta cheese
- ☐ 4 cloves garlic peeled
- ☐ 8 ounces kalamata olives whole pitted
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup pecans chopped

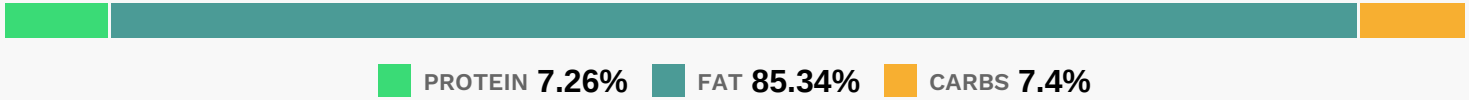
Equipment

- ☐ food processor

Directions

☐ In a food processor, blend kalamata olives, feta cheese, pecans, garlic and olive oil. Adjust amount of olive oil as needed to attain a pesto-like consistency.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:9.4321739932765%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 317.84kcal (15.89%), Fat: 31.6g (48.61%), Saturated Fat: 6.73g (42.08%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 2.92g (1.06%), Sugar: 0.88g (0.97%), Cholesterol: 25.23mg (8.41%), Sodium: 1208.34mg (52.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Manganese: 0.67mg (33.56%), Vitamin E: 3.41mg (22.75%), Calcium: 184.28mg (18.43%), Vitamin B2: 0.26mg (15.54%), Phosphorus: 140.14mg (14.01%), Fiber: 3.24g (12.97%), Copper: 0.25mg (12.48%), Vitamin B6: 0.2mg (10.18%), Vitamin B1: 0.15mg (10.1%), Zinc: 1.49mg (9.94%), Selenium: 5.71µg (8.15%), Vitamin B12: 0.48µg (7.99%), Magnesium: 28.86mg (7.21%), Vitamin A: 350.36IU (7.01%), Vitamin K: 6.05µg (5.76%), Iron: 0.9mg (4.98%), Vitamin B5: 0.42mg (4.23%), Folate: 13.86µg (3.47%), Potassium: 109.35mg (3.12%), Vitamin B3: 0.6mg (2.98%), Vitamin C: 1.09mg (1.32%)