



Kalamata Olive Tapenade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



118 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons capers
- 3 tablespoons parsley fresh chopped
- 3 cloves garlic peeled
- 1 cup kalamata olives pitted
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 4 servings salt and pepper to taste

Equipment

food processor

blender

Directions

Place the garlic cloves into a blender or food processor; pulse to mince.

Add the olives, capers, parsley, lemon juice, and olive oil Blend until everything is finely chopped. Season to taste with salt and pepper.

Nutrition Facts

PROTEIN 2.24% FAT 88.32% CARBS 9.44%

Properties

Glycemic Index:15.5, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:5.0182608962059%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 117.82kcal (5.89%), Fat: 12.25g (18.85%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.44g (0.48%), Cholesterol: 0mg (0%), Sodium: 833.33mg (36.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin K: 54.91µg (52.29%), Vitamin E: 2.36mg (15.76%), Vitamin C: 7.77mg (9.41%), Vitamin A: 391.53IU (7.83%), Fiber: 1.41g (5.64%), Copper: 0.07mg (3.4%), Iron: 0.5mg (2.8%), Calcium: 28mg (2.8%), Manganese: 0.05mg (2.35%), Vitamin B6: 0.05mg (2.27%), Folate: 8.06µg (2.02%), Magnesium: 7.55mg (1.89%), Potassium: 49.25mg (1.41%), Vitamin B1: 0.02mg (1.11%)