



Lemon, Almond, and Olive Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 cups olives green pitted sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 optional: lemon unpeeled
- ☐ 3 tablespoons olive oil extra-virgin

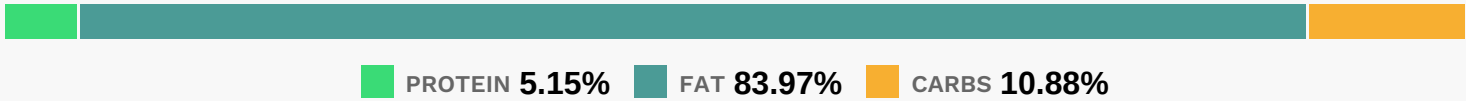
Equipment

- ☐ bowl

Directions

- ☐ Thinly slice the lemon and remove the seeds. Finely chop the slices. In a bowl, combine the lemon, almonds, olive oil, salt, pepper, and olives.
- ☐ Serve with chicken or pork.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:7.3482608587846%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg, Eriodictyol: 5.8mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 243.21kcal (12.16%), Fat: 24.28g (37.35%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 935.97mg (40.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin E: 6.53mg (43.55%), Vitamin C: 14.31mg (17.35%), Fiber: 3.93g (15.73%), Manganese: 0.29mg (14.44%), Magnesium: 40.01mg (10%), Copper: 0.19mg (9.72%), Vitamin B2: 0.14mg (8.52%), Vitamin K: 7.13µg (6.79%), Calcium: 65.87mg (6.59%), Phosphorus: 63.76mg (6.38%), Iron: 0.92mg (5.1%), Potassium: 146.84mg (4.2%), Vitamin A: 205.36IU (4.11%), Vitamin B1: 0.05mg (3.06%), Vitamin B3: 0.58mg (2.9%), Zinc: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.69%), Folate: 9.74µg (2.44%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.12mg (1.2%)