



Lucca Style Roasted Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 6 servings bell pepper black
- ☐ 6 large cloves garlic crushed unpeeled
- ☐ 2 cups oil-cured olives black
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup arbequina olives
- ☐ 1 cranberry-orange relish
- ☐ 1 tablespoon orange zest
- ☐ 5 thyme sprigs fresh

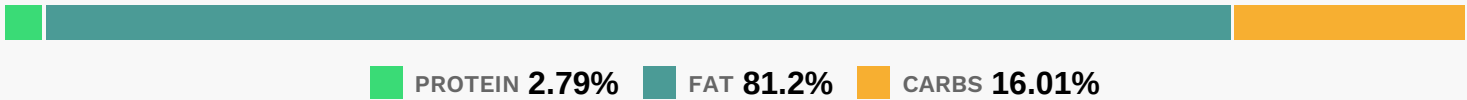
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Cook the olive oil and garlic cloves in an ovenproof skillet over moderate heat until the cloves begin to sizzle and caramelize lightly.
- ☐ Add the thyme sprigs and let them sizzle in the oil for about 30 seconds.
- ☐ Add desired amount of black pepper and the juice of the orange.
- ☐ Add the olives and stir until they are hot throughout, 2 to 3 minutes.
- ☐ Add the orange zest.
- ☐ Transfer the skillet to the oven and bake, stirring occasionally, until the olives start to soften, 5 to 8 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:1.2, Inflammation Score:-7, Nutrition Score:4.4921738790429%

Flavonoids

Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 155.92kcal (7.8%), Fat: 15.05g (23.16%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 1053.73mg (45.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin E: 3.29mg (21.93%), Vitamin C: 15.25mg (18.48%), Fiber: 3.06g (12.25%), Vitamin A: 359.01IU (7.18%), Calcium: 54.74mg (5.47%), Copper: 0.11mg (5.33%), Manganese: 0.08mg (4.13%), Vitamin B6: 0.08mg (3.81%), Vitamin K: 3.97µg (3.78%), Iron: 0.59mg (3.29%), Magnesium: 12.08mg (3.02%), Vitamin B1: 0.04mg (2.73%), Potassium: 88.47mg (2.53%), Folate: 9.36µg (2.34%), Selenium: 1.16µg (1.65%), Vitamin B3: 0.27mg (1.34%), Vitamin B2: 0.02mg (1.28%), Phosphorus: 11.6mg (1.16%)