



## Magi Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup olive oil extra virgin
- 1 teaspoon fennel seeds
- 1 tablespoon garlic minced
- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon zest grated
- 5 cups olives assorted pitted
- 2 tablespoons orange juice fresh
- 1 tablespoon orange zest grated

- 0.5 teaspoon oregano dried
- 0.5 teaspoon pepper dried red crushed

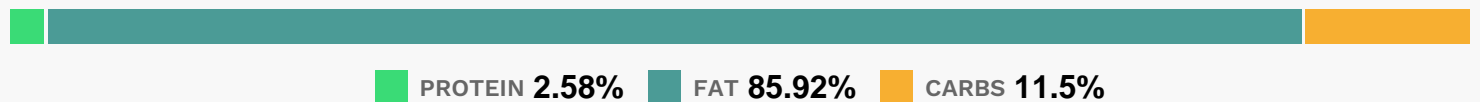
## Equipment

- bowl
- slotted spoon

## Directions

- Stir together olives and remaining ingredients in a large bowl.
- Cover and chill at least 8 hours.
- Let stand 30 minutes at room temperature before serving.
- Serve olive mixture with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:5.8, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:2.0047826203315%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 81.41kcal (4.07%), Fat: 8.37g (12.88%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.49g (0.54%), Cholesterol: 0mg (0%), Sodium: 703.42mg (30.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin E: 1.96mg (13.1%), Fiber: 1.69g (6.77%), Vitamin A: 204.45IU (4.09%), Vitamin C: 2.78mg (3.37%), Copper: 0.06mg (3%), Calcium: 28.75mg (2.87%), Vitamin K: 1.99µg (1.9%), Iron: 0.31mg (1.72%), Magnesium: 6.33mg (1.58%), Vitamin B6: 0.03mg (1.3%), Manganese: 0.02mg (1.13%)