



Marinated Cheese and Olives

 Vegetarian  Gluten Free

READY IN	SERVINGS	CALORIES
ready	servings	calories
485 min.	5	1571 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 32 ounce colby-jack cheese cubed
- ☐ 6 garlic cloves crushed
- ☐ 1 tablespoon penzey's southwest seasoning dried italian
- ☐ 10 ounce jars kalamata olives drained 7-ounce
- ☐ 16 ounce olive oil and vinegar dressing
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 6 rosemary sprigs fresh

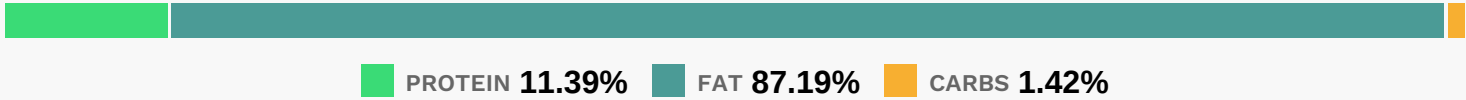
Equipment

☐ bowl

Directions

- ☐ Combine all ingredients except rosemary in a large bowl; stir gently. Cover and chill at least 8 hours or up to 24 hours.
- ☐ Divide cheese and olives into 6 glass containers.
- ☐ Place 1 rosemary sprig in each container.
- ☐ Pour remaining dressing evenly into containers. Cover and refrigerate up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:27.115217333255%

Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1571.07kcal (78.55%), Fat: 154.53g (237.74%), Saturated Fat: 48.38g (302.39%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.3g (1.45%), Cholesterol: 161.48mg (53.83%), Sodium: 1979.4mg (86.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.42g (90.84%), Calcium: 1410.86mg (141.09%), Vitamin E: 15.96mg (106.38%), Phosphorus: 816.23mg (81.62%), Vitamin K: 66.43µg (63.27%), Vitamin B2: 0.72mg (42.62%), Selenium: 27.42µg (39.17%), Zinc: 5.55mg (37.03%), Vitamin A: 1729.8IU (34.6%), Vitamin B12: 1.51µg (25.1%), Magnesium: 60.21mg (15.05%), Iron: 2.64mg (14.64%), Vitamin B6: 0.22mg (11.21%), Fiber: 2.61g (10.44%), Folate: 38.2µg (9.55%), Copper: 0.15mg (7.44%), Vitamin D: 1.09µg (7.26%), Manganese: 0.14mg (7.25%), Potassium: 210.64mg (6.02%), Vitamin B5: 0.44mg (4.36%), Vitamin B1: 0.05mg (3.27%), Vitamin B3: 0.41mg (2.04%), Vitamin C: 1.41mg (1.71%)