



## Marinated Eyeballs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

### Ingredients

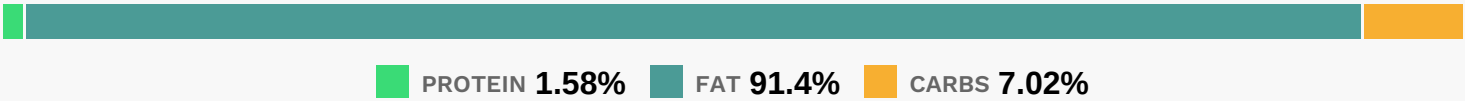
- ☐ 3 bay leaves
- ☐ 1 cloves garlic
- ☐ 2 cups olive green drained
- ☐ 3 slices optional: lemon thin
- ☐ 0.3 c olive oil
- ☐ 1 teaspoon peppercorns whole
- ☐ 0.3 cup red-wine vinegar

### Equipment

# Directions

- ☐ In a wide-mouthed jar with a lid, combine all ingredients except oil.
- ☐ Add enough oil to cover ingredients. Secure lid. Refrigerate at least 24 hours to blend flavors before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.94, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.0591304237428%

## Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 112.84kcal (5.64%), Fat: 11.94g (18.38%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.26g (0.28%), Cholesterol: 0mg (0%), Sodium: 527.47mg (22.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.93%), Vitamin E: 2.27mg (15.12%), Fiber: 1.34g (5.38%), Vitamin K: 5.44µg (5.18%), Manganese: 0.08mg (4.18%), Vitamin A: 138.58IU (2.77%), Copper: 0.05mg (2.54%), Calcium: 22.18mg (2.22%), Vitamin C: 1.56mg (1.89%), Iron: 0.33mg (1.82%), Magnesium: 5.3mg (1.33%)