



Marinated Olives



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients



1 handful basil fresh



6 servings kosher salt and pepper black freshly ground



1 lemon zest cut in strips



6 servings olive oil extra-virgin



2 cups sicilian olives green



1 handful rosemary sprigs fresh



1 handful thyme sprigs fresh

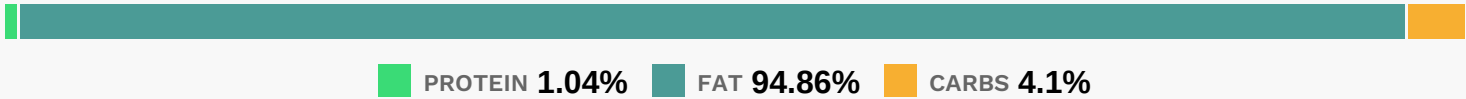
Equipment

bowl

Directions

- Put the olives in a shallow bowl, add the lemon strips and herbs; season with salt and pepper. Toss gently with your hands to combine. Cover with olive oil and let marinate for 30 to 45 minutes.
- Serve as a noshing platter alongside the fried zucchini flowers.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:2.7400000199028%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg

Nutrients (% of daily need)

Calories: 190.19kcal (9.51%), Fat: 20.91g (32.16%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 702.43mg (30.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Vitamin E: 3.74mg (24.91%), Vitamin K: 10.6µg (10.1%), Fiber: 1.67g (6.67%), Vitamin A: 208.27IU (4.17%), Copper: 0.06mg (2.95%), Calcium: 27.12mg (2.71%), Iron: 0.37mg (2.04%), Vitamin C: 1.65mg (2%), Magnesium: 5.9mg (1.48%), Manganese: 0.02mg (1.05%)