



Marinated Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



57 kcal

SIDE DISH

Ingredients



6 oz olives black drained and rinsed pitted canned



1 pepper flakes hot minced



3 cloves garlic minced



6 oz olives green drained and rinsed pitted



1 teaspoon olive oil



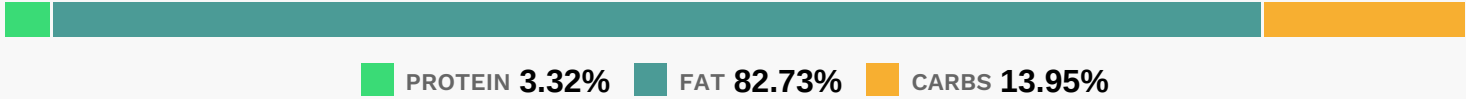
1 teaspoon oregano

Equipment

Directions

☐ Combine olives, chili pepper, garlic and oregano in a jar with a lid. Cover with olive oil. Shake olives and let stand at room temperature overnight. Store in refrigerator and use within one week.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:2.0104347577562%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg 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: 56.54kcal (2.83%), Fat: 5.64g (8.67%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 531.32mg (23.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin E: 1.42mg (9.48%), Vitamin C: 6.75mg (8.18%), Fiber: 1.29g (5.18%), Vitamin A: 180.02IU (3.6%), Copper: 0.05mg (2.53%), Vitamin K: 2.61µg (2.48%), Vitamin B6: 0.05mg (2.33%), Calcium: 23.15mg (2.31%), Iron: 0.3mg (1.69%), Manganese: 0.03mg (1.67%), Magnesium: 5.54mg (1.39%)