



Marinated Olives with Lemon and Oregano



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



150 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients



0.1 teaspoon cayenne pepper to taste (or)



1 tablespoon juice of lemon fresh



0.3 cup very olive oil good



2 cup olives assorted



2 teaspoon oregano dried



0.3 cup red wine vinegar

Equipment



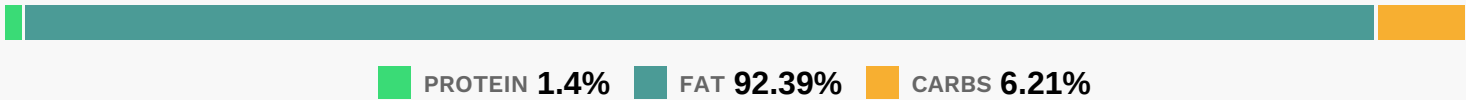
bowl

☐ sauce pan

Directions

- ☐ Place the olives on a medium sized bowl.In a small saucepan add lemon zest, vinegar, olive oil, and the lemon juice. Bring this mixture to a simmer. Then remove from the heat.
- ☐ Add the oregano to the oil mixture and stir well.
- ☐ Pour the warm oil over the olives, stirring to coat them.
- ☐ Let the olives come to room temperature.Once cool, sprinkle the mixed herbs and cayenne pepper over the olives, stir again the get the herbs well incorporated.
- ☐ Let the olives sit at room temperature at least 2 hours before serving. They may alternatively be kept for up to 1 week in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:2.0582608638898%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 111.86kcal (5.59%), Fat: 11.94g (18.38%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 527.39mg (22.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.81%), Vitamin E: 2.36mg (15.74%), Vitamin K: 7.67µg (7.3%), Fiber: 1.34g (5.36%), Vitamin A: 154.26IU (3.09%), Calcium: 26.21mg (2.62%), Iron: 0.42mg (2.36%), Copper: 0.04mg (2.24%), Manganese: 0.03mg (1.46%), Magnesium: 5.52mg (1.38%)