



Marinated Olives with Rosemary, Red Chili, Orange and Paprika



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



551 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic cloves
- ☐ 2 cups olive oil extra-virgin
- ☐ 1 quart olives green spanish
- ☐ 4 slices cranberry-orange relish whole
- ☐ 1 tablespoon paprika smoked sweet spanish
- ☐ 1 teaspoon chili flakes dried red
- ☐ 1 large sprig rosemary

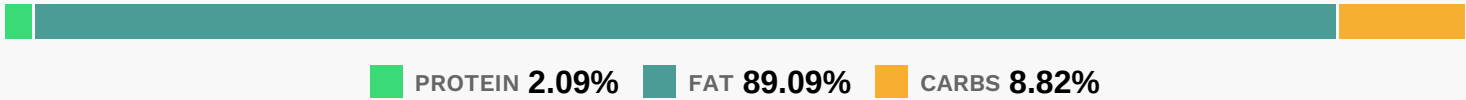
Equipment

☐ sauce pan

Directions

- ☐ Combine garlic cloves, fresh rosemary, orange slices, red chili flakes, paprika, and extra- virgin olive oil in a saucepan and set over low heat. Slowly warm up to infuse the oil and soften the garlic – do not let it fry. Once hot, about 5 minutes, pour in olives and steep until cool.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:12.168695683065%

Flavonoids

Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 551.47kcal (27.57%), Fat: 58.13g (89.43%), Saturated Fat: 7.84g (49%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 3.94g (1.43%), Sugar: 2.83g (3.15%), Cholesterol: 0mg (0%), Sodium: 3701.12mg (160.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin E: 12.85mg (85.68%), Vitamin A: 1972.54IU (39.45%), Fiber: 9g (36.01%), Vitamin K: 18.3µg (17.43%), Copper: 0.32mg (15.84%), Calcium: 140.25mg (14.02%), Vitamin C: 8.42mg (10.2%), Iron: 1.81mg (10.05%), Vitamin B6: 0.17mg (8.37%), Magnesium: 32.09mg (8.02%), Potassium: 186.84mg (5.34%), Vitamin B1: 0.08mg (5%), Manganese: 0.09mg (4.52%), Vitamin B3: 0.86mg (4.28%), Selenium: 2.84µg (4.06%), Folate: 12.46µg (3.12%), Vitamin B2: 0.05mg (3.05%), Phosphorus: 23.03mg (2.3%), Zinc: 0.24mg (1.58%), Vitamin B5: 0.16mg (1.56%)