



Marinated Olives with Thyme and Orange Zest



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



409 kcal

SIDE DISH

Ingredients

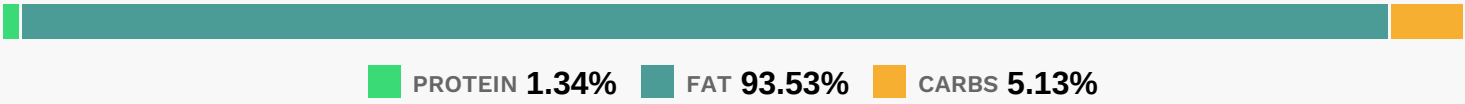
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup cerignola olives drained
- ☐ 1 cup picholine olives drained
- ☐ 1 cup niçoise olives drained
- ☐ 1 sprigs orange zest fresh
- ☐ 1 teaspoon orange zest

Equipment

Directions

- ☐ Combine olives; drizzle with olive oil.
- ☐ Sprinkle with fresh thyme and orange zest.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:6.2308695679126%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg

Nutrients (% of daily need)

Calories: 409.23kcal (20.46%), Fat: 44.67g (68.72%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 0.89g (0.33%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 2106.56mg (91.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin E: 8.6mg (57.34%), Fiber: 4.62g (18.48%), Vitamin K: 16.34µg (15.56%), Vitamin A: 565.02IU (11.3%), Copper: 0.17mg (8.32%), Calcium: 74.21mg (7.42%), Iron: 0.92mg (5.1%), Magnesium: 16.06mg (4.02%), Vitamin C: 1.97mg (2.39%), Vitamin B6: 0.05mg (2.27%), Vitamin B1: 0.03mg (1.96%), Potassium: 62.41mg (1.78%), Selenium: 1.22µg (1.75%), Vitamin B3: 0.34mg (1.69%), Folate: 4.55µg (1.14%)