



## Marinated Picholine Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

### Ingredients

- 1 stick cinnamon (3-inch)
- 1 tablespoon t brown sugar dark packed
- 2 large garlic clove thinly sliced lengthwise
- 2 inch lemon zest fresh
- 0.5 cup olive oil
- 2 inch orange zest fresh
- 1 teaspoon peppercorns whole crushed
- 1 large shallots thinly sliced lengthwise

- 2 turkish bay leaf
- 0.5 cup citrus champagne vinegar
- 0.3 teaspoon allspice whole with flat side of a large heavy knife crushed

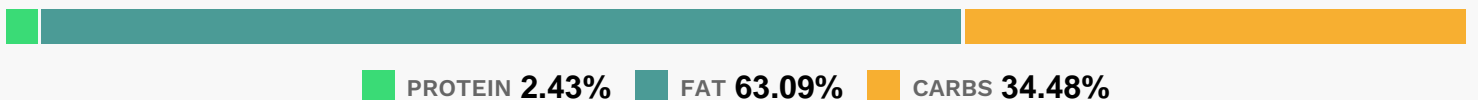
## Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

## Directions

- Cook garlic in 2 tablespoons oil in a small heavy skillet over moderate heat, stirring, until pale golden, about 30 seconds.
- Transfer garlic with a slotted spoon to a small bowl and reserve oil separately (to prevent garlic from continuing to brown in hot oil).
- Simmer 1/4 cup vinegar with shallot and brown sugar in a 1-quart heavy saucepan, uncovered, stirring occasionally, until liquid is reduced to about 1 tablespoon, about 4 minutes.
- Add garlic, garlic oil, remaining 1/2 cup olive oil, remaining 1/4 cup vinegar, spices, bay leaves, zests, and olives and bring to a simmer.
- Transfer mixture to a bowl and cool to warm. Marinate olives, covered and chilled, at least 24 hours.
- If desired, reheat in saucepan over low heat, stirring until warm.
- Transfer with a slotted spoon to a serving dish.
- Olives can marinate up to 5 days.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.2921739207662%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 39.63kcal (1.98%), Fat: 2.75g (4.23%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.75g (1.94%), Cholesterol: 0mg (0%), Sodium: 2.51mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Manganese: 0.18mg (9.13%), Vitamin C: 2.33mg (2.82%), Vitamin E: 0.41mg (2.73%), Fiber: 0.66g (2.65%), Vitamin K: 2.7µg (2.57%), Iron: 0.26mg (1.47%), Calcium: 14.6mg (1.46%), Vitamin B6: 0.03mg (1.3%)