



## Marinated Picholine Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

### Ingredients

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

- ☐ 2 turkish bay leaf
- ☐ 0.5 cup white-wine vinegar
- ☐ 0.3 teaspoon allspice whole with flat side of a large heavy knife crushed
- ☐ 0.8 pounds picholine whole green

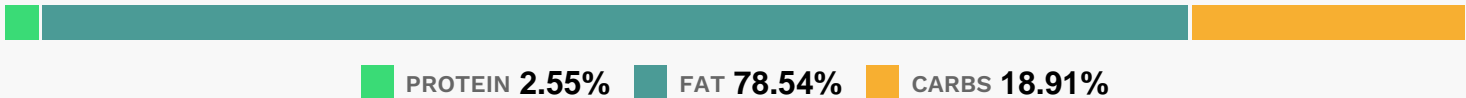
## Equipment

- ☐ 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:-2, Nutrition Score:2.6443478426208%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg 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: 101.29kcal (5.06%), Fat: 9.26g (14.24%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.98g (2.2%), Cholesterol: 0mg (0%), Sodium: 665.89mg (28.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin E: 2.03mg (13.53%), Manganese: 0.18mg (9.13%), Fiber: 2.07g (8.26%), Calcium: 36.71mg (3.67%), Vitamin A: 176.97IU (3.54%), Copper: 0.07mg (3.46%), Vitamin K: 3.3µg (3.14%), Vitamin C: 2.33mg (2.82%), Iron: 0.47mg (2.63%), Magnesium: 7.93mg (1.98%), Vitamin B6: 0.04mg (1.96%), Potassium: 52.45mg (1.5%)