



Marinated Spanish Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons coriander seeds crushed
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 1 teaspoon thyme dried
- ☐ 2 garlic clove thinly sliced
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 24 large olives spanish
- ☐ 2 tablespoons sherry vinegar

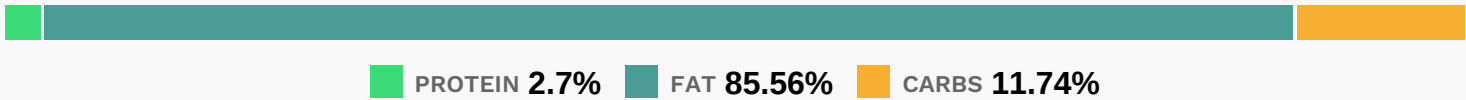
Equipment

☐ bowl

Directions

- ☐ Combine first 8 ingredients in a bowl. Cover and marinate in refrigerator at least 8 hours.
- ☐ Serve at room temperature.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:1.4521739346826%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 49.24kcal (2.46%), Fat: 4.94g (7.61%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 253.28mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin E: 1.02mg (6.82%), Vitamin K: 4.68µg (4.46%), Fiber: 0.96g (3.82%), Iron: 0.48mg (2.66%), Manganese: 0.05mg (2.4%), Vitamin A: 119.24IU (2.38%), Calcium: 19.09mg (1.91%), Copper: 0.03mg (1.62%), Magnesium: 5.06mg (1.27%), Vitamin B6: 0.02mg (1.1%)