



Mexican Caviar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



370 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- 2.3 ounce olives black chopped canned
- 4 ounce chile peppers green chopped canned
- 1 teaspoon garlic salt
- 5 green onions chopped
- 3 tablespoons olive oil
- 1 teaspoon salt
- 3.5 tablespoons tarragon vinegar
- 2 large tomatoes finely chopped

Equipment

bowl

Directions

In a medium bowl, mix together tomatoes, green onions, olive oil, tarragon vinegar, green chile peppers, black olives, garlic salt and salt. Cover and refrigerate 6 hours or overnight before serving.

Nutrition Facts



PROTEIN 3.82% **FAT 78.8%** **CARBS 17.38%**

Properties

Glycemic Index:30, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:8.1017392796019%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 145.6kcal (7.28%), Fat: 13.23g (20.35%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 4.07g (1.48%), Sugar: 2.83g (3.15%), Cholesterol: 0mg (0%), Sodium: 1531.49mg (66.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin K: 44.78µg (42.65%), Vitamin C: 24.98mg (30.28%), Vitamin A: 1005.97IU (20.12%), Vitamin E: 2.69mg (17.96%), Fiber: 2.49g (9.96%), Folate: 39.04µg (9.76%), Potassium: 296.43mg (8.47%), Manganese: 0.14mg (6.92%), Vitamin B6: 0.12mg (6.05%), Iron: 1mg (5.53%), Copper: 0.09mg (4.35%), Vitamin B3: 0.83mg (4.17%), Magnesium: 16.07mg (4.02%), Calcium: 40.06mg (4.01%), Vitamin B1: 0.05mg (3.21%), Phosphorus: 31.71mg (3.17%), Vitamin B2: 0.04mg (2.29%), Zinc: 0.25mg (1.66%), Vitamin B5: 0.12mg (1.2%)