



Mexican Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 9 ounce chiles green chopped canned
- ☐ 2 garlic cloves pressed
- ☐ 3 green onions chopped
- ☐ 1 tablespoon olive oil
- ☐ 8.5 ounce olives ripe chopped canned
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons red wine vinegar
- ☐ 1 Dash lawry's seasoned salt

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2 tomatoes peeled chopped

Equipment

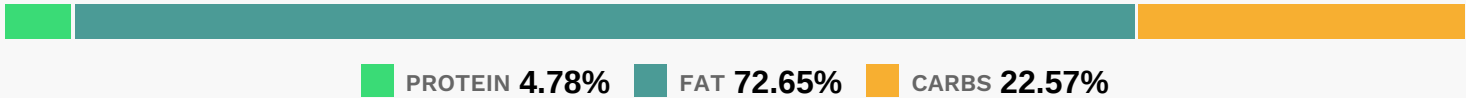
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bowl

Directions

- ☐ Stir together all ingredients ina large serving bowl; cover and chill 8 hours.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:11.901739177497%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 199.47kcal (9.97%), Fat: 17.4g (26.78%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 6.56g (2.39%), Sugar: 2.89g (3.22%), Cholesterol: 0mg (0%), Sodium: 1610.46mg (70.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin C: 43.22mg (52.38%), Vitamin K: 36.38µg (34.64%), Vitamin E: 4.25mg (28.33%), Vitamin A: 1229.36IU (24.59%), Fiber: 5.6g (22.41%), Folate: 68.49µg (17.12%), Manganese: 0.23mg (11.64%), Iron: 2.06mg (11.47%), Vitamin B6: 0.23mg (11.33%), Potassium: 375.53mg (10.73%), Calcium: 96.05mg (9.61%), Copper: 0.17mg (8.5%), Vitamin B3: 1.3mg (6.48%), Magnesium: 25.43mg (6.36%), Vitamin B1: 0.07mg (4.47%), Phosphorus: 41.07mg (4.11%), Vitamin B2: 0.06mg (3.51%), Zinc: 0.33mg (2.18%), Selenium: 1.37µg (1.95%), Vitamin B5: 0.19mg (1.93%)