



WHATSheATE



Mixed Olives with Harissa and Preserved Lemons



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients



1 tablespoons harissa paste homemade store-bought



1 pound olives green black spanish such as oil-cured olives, large olives, and kalamata olives, drained assorted



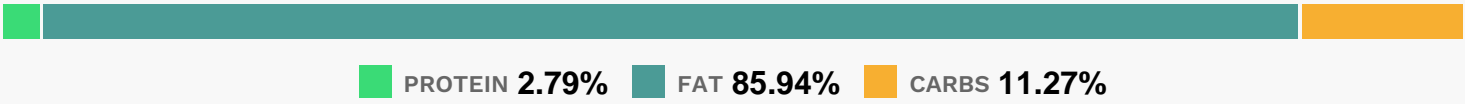
3 preserved lemons cut into wedges (soaked in a salt-lemon juice mixture)

Equipment

Directions

- ☐
- Combine harissa and olives. Cover and chill at least 4 hours or overnight.
- ☐
- Remove from refrigerator at least 1 hour before serving. Stir in lemon wedges, and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.8126087357169%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg

Nutrients (% of daily need)

Calories: 168.09kcal (8.4%), Fat: 17.36g (26.71%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 1.26g (0.46%), Sugar: 1.14g (1.26%), Cholesterol: 0mg (0%), Sodium: 1819.26mg (79.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin E: 4.39mg (29.28%), Fiber: 3.87g (15.47%), Vitamin A: 471.15IU (9.42%), Copper: 0.14mg (7.05%), Calcium: 59.72mg (5.97%), Iron: 0.59mg (3.25%), Magnesium: 12.92mg (3.23%), Vitamin B6: 0.04mg (2.06%), Vitamin B1: 0.03mg (1.81%), Potassium: 61.5mg (1.76%), Vitamin K: 1.78µg (1.7%), Vitamin B3: 0.33mg (1.64%), Selenium: 1.06µg (1.52%)