



Moroccan Spiced Olives

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



65 kcal

SIDE DISH

Ingredients

- 4 garlic clove sliced
- 2 teaspoons spice paste (North African spice paste)
- 2 slices optional: lemon thin
- 0.3 cup olive oil extra virgin extra-virgin
- 3 sprigs thyme leaves (4-to 5-inch)
- 2 teaspoons tomato paste
- 0.3 cup water

Equipment

- frying pan
- sauce pan

Directions

- Cover olives with water in a small saucepan and bring to a boil, then drain.
- Cook garlic in oil in a 10-inch heavy skillet over medium heat until garlic is golden, about 2 minutes.
- Add tomato paste and cook, stirring, 1 minute. Stir in water, harissa, thyme, and olives and simmer briskly, stirring occasionally, until liquid is thickened and coats olives, about 5 minutes.
- Remove from heat and stir in lemon slices.
- Transfer to a shallow dish and marinate, chilled, at least 24 hours.
- Yarden Galilee
- Cabernet Sauvignon '05
- Olives keep, chilled in an airtight container, 1 month.

Nutrition Facts

PROTEIN 1.3% **FAT 91.89%** **CARBS 6.81%**

Properties

Glycemic Index:18.19, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:1.2573913134958%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 65.44kcal (3.27%), Fat: 6.87g (10.56%), Saturated Fat: 0.98g (6.09%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 12.82mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin E: 1.04mg (6.94%), Vitamin A: 235.29IU (4.71%), Vitamin K: 4.26µg (4.06%), Vitamin C: 2.43mg (2.94%), Manganese: 0.04mg (1.83%), Vitamin B6: 0.02mg (1.23%),

Iron: 0.22mg (1.2%)