



Moroccan Spiced Olives



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic clove sliced
- ☐ 2 cups olive green such as picholine or cerignola, lightly smashed to crack open slightly with pits) in brine (10 ounces),
- ☐ 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

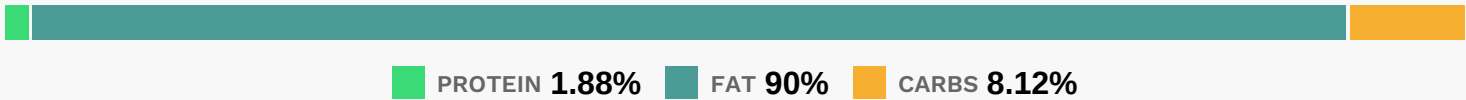
Equipment

- ☐ 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



Properties

Glycemic Index:18.19, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:2.3313043784836%

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: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg 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: 114.38kcal (5.72%), Fat: 12.03g (18.51%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 539.32mg (23.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Vitamin E: 2.33mg (15.51%), Vitamin A: 367.92IU (7.36%), Fiber: 1.35g (5.42%), Vitamin K: 4.73µg (4.51%), Vitamin C: 2.43mg (2.94%), Copper: 0.05mg (2.74%), Calcium: 24.87mg (2.49%), Iron: 0.38mg (2.12%), Manganese: 0.04mg (1.83%), Vitamin B6: 0.04mg (1.75%), Magnesium: 5.56mg (1.39%), Potassium: 40.17mg (1.15%)