



Olivata



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup tomatoes dried
- ☐ 1 slices baguette french
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.5 teaspoon garlic chopped
- ☐ 0.5 cup kalamata olives pitted
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 1 tablespoon red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon water

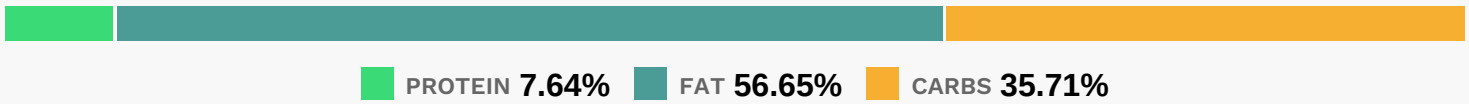
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine first 4 ingredients in a small saucepan. Bring to a boil over medium-high heat; reduce heat, and simmer, stirring occasionally, 1 to 2 minutes or until liquid is absorbed and tomatoes are plump.
- ☐ Process tomato mixture, olives, and next 5 ingredients in a food processor or blender until smooth, stopping to scrape down sides.
- ☐ Serve with French baguette slices.

Nutrition Facts



Properties

Glycemic Index:70.94, Glycemic Load:3.93, Inflammation Score:-2, Nutrition Score:4.1717390962269%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 99.09kcal (4.95%), Fat: 6.51g (10.02%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.62g (2.77%), Sugar: 3.66g (4.06%), Cholesterol: 0mg (0%), Sodium: 394.3mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Manganese: 0.2mg (9.96%), Vitamin E: 1.18mg (7.84%), Potassium: 263.45mg (7.53%), Vitamin K: 7.83µg (7.45%), Copper: 0.13mg (6.72%), Fiber: 1.62g (6.47%), Iron: 1.08mg (6.02%), Vitamin B1: 0.09mg (5.83%), Vitamin B3: 1.03mg (5.17%), Magnesium: 18.57mg (4.64%), Vitamin B2: 0.06mg (3.62%), Vitamin C: 2.92mg (3.54%), Folate: 14.11µg (3.53%), Phosphorus: 34.86mg (3.49%), Vitamin A:

153.5IU (3.07%), Calcium: 28.35mg (2.84%), Selenium: 1.97µg (2.81%), Vitamin B6: 0.04mg (2.11%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.22mg (1.48%)