



## Olive and Onion Tapenade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



10 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup cooking wine dry white
- 4 garlic cloves finely chopped
- 1.7 cups olives green pitted chopped
- 1 tablespoon olive oil
- 0.3 cup picholine olives pitted ( 15 olives)
- 1 cup onion chopped
- 2 tablespoons citrus champagne vinegar

2 teaspoons or dried fresh chopped

## Equipment

food processor

bowl

sauce pan

## Directions

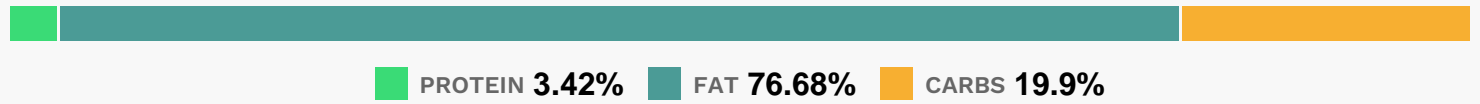
Heat the oil in a saucepan over medium heat.

Add onion; cook 8 minutes or until soft, stirring frequently. Stir in thyme and garlic; cook 2 minutes, stirring frequently. Stir in wine and vinegar. Bring to a boil; reduce heat, and cook 8 minutes or until most of liquid evaporates, stirring occasionally.

Place the onion mixture in a food processor.

Add the olives and the black pepper, and process until smooth, scraping down the sides of bowl.

## Nutrition Facts



## Properties

Glycemic Index:1.63, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.30173913081703%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 10.29kcal (0.51%), Fat: 0.87g (1.34%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 66.05mg (2.87%), Alcohol: 0.1g (100%), Alcohol %: 1.43% (100%), Protein: 0.09g (0.17%), Vitamin E: 0.2mg (1.3%)