



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 wine dry white
- ☐ 4 garlic clove finely chopped
- ☐ 1.7 cups olive green pitted chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup olives pitted (15 olives)
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons citrus champagne vinegar

☐

2 teaspoons thyme dried fresh chopped

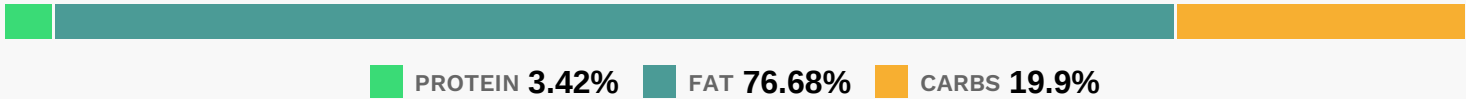
Equipment

- ☐ 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%)