



Olive-Basil Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon mccormick gourmet collection basil leaves



2 tablespoons capers drained



20 servings salt and mccormick gourmet collection coarse grind pepper black to taste



0.3 cup olive oil extra virgin



1 garlic clove minced



2 teaspoons domino granulated sugar



0.3 cup olives diced green pitted finely



0.3 cup kalamata olives diced pitted finely

- ☐ 2 plum tomatoes diced seeded finely
- ☐ 0.3 cup onion diced red finely
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.5 cup bell pepper diced yellow finely

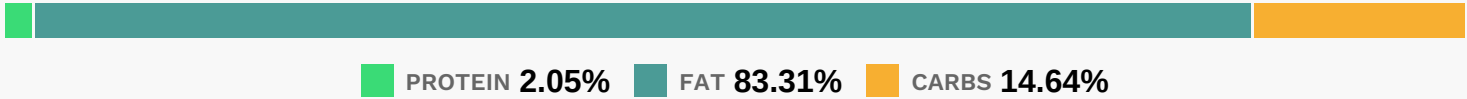
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir together first 8 ingredients in a large bowl.
- ☐ Whisk together olive oil, sugar, and vinegar until blended.
- ☐ Pour over tomato mixture in bowl, and toss to coat. Cover and let stand at room temperature 1 hour. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:1.1352173903066%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 33.7kcal (1.69%), Fat: 3.25g (5%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1g (0.36%), Sugar: 0.67g (0.74%), Cholesterol: 0mg (0%), Sodium: 269.16mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 7.93mg (9.62%), Vitamin E: 0.56mg (3.73%), Vitamin K: 2.78µg (2.65%), Vitamin A: 78.79IU (1.58%), Fiber: 0.28g (1.13%)