



Olive-Caper Tapenade with Fresh Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



353 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.5 cup flat-leaf parsley leaves
- ☐ 0.3 cup mint leaves
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 5 ounces olives assorted pitted

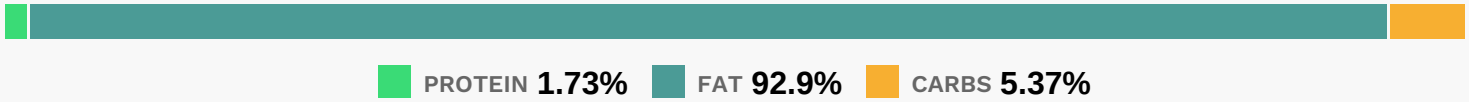
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, pulse the parsley, mint, oil, capers and crushed red pepper until finely chopped.
- ☐ Add the olives and pulse until finely chopped but not pureed.
- ☐ Make Ahead: The tapenade can be refrigerated for up to 3 days.
- ☐ Let return to room temperature before serving.
- ☐ Serve With: Grilled steak, chicken, scallops or firm-fleshed white fish or on burgers.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.15, Inflammation Score:-9, Nutrition Score:12.512608761373%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 32.65mg, Apigenin: 32.65mg, Apigenin: 32.65mg, Apigenin: 32.65mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Kaempferol: 10.73mg, Kaempferol: 10.73mg, Kaempferol: 10.73mg, Kaempferol: 10.73mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 13.85mg, Quercetin: 13.85mg, Quercetin: 13.85mg, Quercetin: 13.85mg

Nutrients (% of daily need)

Calories: 352.98kcal (17.65%), Fat: 38.1g (58.62%), Saturated Fat: 5.22g (32.63%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 1339.89mg (58.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin K: 265.35µg (252.71%), Vitamin E: 6.82mg (45.46%), Vitamin A: 1829.19IU (36.58%), Vitamin C: 22.08mg (26.77%), Fiber: 3.58g (14.33%), Iron: 1.87mg (10.39%), Folate: 33.21µg (8.3%), Copper: 0.16mg (7.85%), Calcium: 75.11mg (7.51%), Magnesium: 22.62mg (5.66%), Manganese: 0.1mg (4.93%), Potassium: 150.78mg (4.31%), Vitamin B2: 0.05mg (2.76%), Vitamin B3: 0.53mg (2.64%), Vitamin B6: 0.05mg (2.36%), Vitamin B1: 0.03mg (2.28%), Zinc: 0.28mg (1.88%), Phosphorus: 16.82mg (1.68%), Selenium: 0.77µg (1.11%)