



Olive Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



419 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce olives black chopped canned
- 4 ounce chiles green drained chopped canned
- 3 servings garlic salt to taste
- 5 ounce olives green chopped (reserve brine)
- 3 servings ground pepper black to taste
- 1 onion chopped
- 1.5 cups cheddar cheese shredded
- 2 tomatoes fresh red chopped

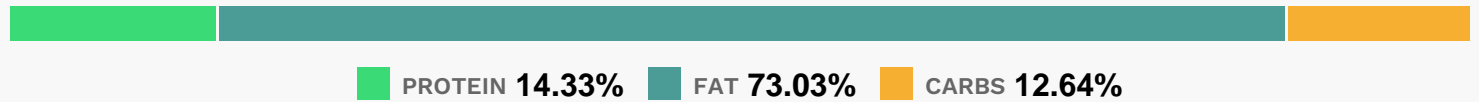
Equipment

- bowl
- mixing bowl

Directions

- Chill a serving bowl in the freezer while you make the salsa. In a mixing bowl, combine the chopped green chiles, onion, green olives, and black olives. Lightly mix in the Cheddar cheese and tomatoes; season to taste with garlic salt and black pepper. If desired, mix in a little bit of the olive brine.
- Serve in the chilled bowl.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:15.93217415395%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 418.86kcal (20.94%), Fat: 35.42g (54.49%), Saturated Fat: 13.01g (81.3%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 8.08g (2.94%), Sugar: 4.46g (4.96%), Cholesterol: 56.5mg (18.83%), Sodium: 2340.54mg (101.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.29%), Calcium: 484.31mg (48.43%), Vitamin A: 1706.61IU (34.13%), Vitamin C: 26.87mg (32.58%), Vitamin E: 4.84mg (32.24%), Phosphorus: 297.56mg (29.76%), Selenium: 17.23µg (24.61%), Fiber: 5.71g (22.82%), Vitamin B2: 0.29mg (17.26%), Zinc: 2.35mg (15.68%), Folate: 54.68µg (13.67%), Vitamin B6: 0.23mg (11.32%), Potassium: 379.12mg (10.83%), Copper: 0.21mg (10.38%), Magnesium: 41.06mg (10.27%), Vitamin B12: 0.6µg (9.98%), Vitamin K: 9.6µg (9.14%), Manganese: 0.16mg (7.98%), Iron: 1.41mg (7.85%), Vitamin B1: 0.09mg (5.95%), Vitamin B3: 1.04mg (5.22%), Vitamin B5: 0.41mg (4.08%), Vitamin D: 0.34µg (2.26%)