

Olive-Herb Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



8 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

Ingredients



2 tablespoons capers drained



2 tablespoons tarragon fresh chopped



0.5 cup kalamata olives pitted chopped



0.5 cup manzanilla olives green pitted chopped



1 tablespoon olive oil extra-virgin



0.5 cup roasted bell peppers diced red

Equipment

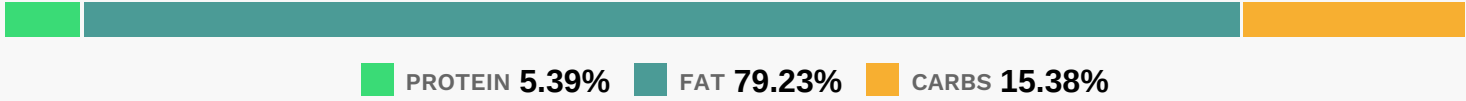


bowl

Directions

☐ Combine all ingredients in a small bowl; stir well. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:2.3499999920959%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 47.14kcal (2.36%), Fat: 4.5g (6.93%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 439.54mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Manganese: 0.16mg (7.75%), Vitamin C: 5.03mg (6.1%), Vitamin E: 0.91mg (6.08%), Iron: 0.76mg (4.23%), Vitamin A: 188.08IU (3.76%), Fiber: 0.86g (3.42%), Calcium: 33.11mg (3.31%), Vitamin B6: 0.06mg (3.17%), Copper: 0.05mg (2.55%), Magnesium: 9.55mg (2.39%), Potassium: 73.53mg (2.1%), Folate: 7.16µg (1.79%), Vitamin B2: 0.03mg (1.77%), Vitamin K: 1.78µg (1.7%), Vitamin B3: 0.26mg (1.29%)