



Olive Loaf



Vegetarian

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READY IN

ready

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130 min.

SERVINGS

servings

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8

CALORIES

calories

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350 kcal

SIDE DISH

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 2 large eggs beaten
- ☐ 17 ounces flour all-purpose
- ☐ 1 tablespoon honey
- ☐ 1.3 teaspoons kosher salt
- ☐ 0.5 cup olive oil
- ☐ 12 ounces olives mixed pitted roughly chopped
- ☐ 1 cup milk whole

Equipment

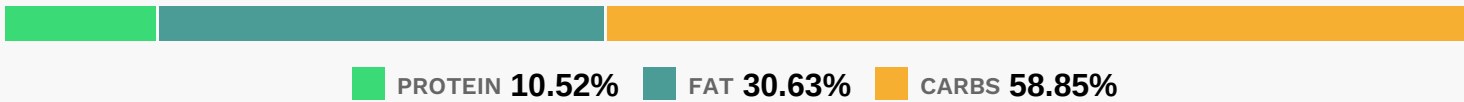
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Spray a standard nonstick loaf pan with vegetable spray, line with parchment paper, and set aside.
- ☐ Place flour and the baking powder in the bowl of a food processor and pulse for 5 seconds.
- ☐ Pour the dry ingredients into a large mixing bowl. Stir in the olives and tapenade.
- ☐ Whisk together the eggs, olive oil, milk, honey and salt.
- ☐ Add this mixture to the dry ingredients and stir to combine; do not mix until smooth.
- ☐ Pour the mixture into the prepared loaf pan and place in the oven.
- ☐ Bake for 75 to 80 minutes, until the internal temperature is 210 degrees F, or a toothpick inserted into the middle comes out clean.
- ☐ Remove the loaf from the pan and allow to cool on a rack before serving.
- ☐ 1/2 pound pitted mixed olives
- ☐ anchovy fillets, rinsed
- ☐ small clove garlic, minced
- ☐ tablespoons capers
- ☐ to 3 fresh basil leaves

- ☐ tablespoon freshly squeezed lemon juice
- ☐ tablespoons extra-virgin olive oil
- ☐ Thoroughly rinse the olives in cool water.
- ☐ Place all ingredients in the bowl of a food processor. Process to combine, stopping to scrape down the sides of the bowl, until the mixture becomes a coarse paste, approximately 1 to 2 minutes total.
- ☐ Transfer to a bowl and serve.

Nutrition Facts



Properties

Glycemic Index:32.16, Glycemic Load:35.31, Inflammation Score:-5, Nutrition Score:12.546086944478%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg

Nutrients (% of daily need)

Calories: 349.76kcal (17.49%), Fat: 11.96g (18.4%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 51.7g (17.23%), Net Carbohydrates: 48.66g (17.69%), Sugar: 4.06g (4.51%), Cholesterol: 50.16mg (16.72%), Sodium: 1216.44mg (52.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.49%), Selenium: 25.25µg (36.07%), Vitamin B1: 0.5mg (33.59%), Folate: 117.45µg (29.36%), Vitamin B2: 0.4mg (23.58%), Manganese: 0.42mg (20.94%), Iron: 3.42mg (18.98%), Vitamin B3: 3.7mg (18.51%), Calcium: 164.21mg (16.42%), Phosphorus: 155.29mg (15.53%), Vitamin E: 2.19mg (14.61%), Fiber: 3.04g (12.15%), Copper: 0.15mg (7.42%), Magnesium: 23.56mg (5.89%), Vitamin B5: 0.58mg (5.81%), Vitamin A: 284.03IU (5.68%), Zinc: 0.73mg (4.88%), Vitamin B12: 0.28µg (4.6%), Potassium: 147.09mg (4.2%), Vitamin B6: 0.08mg (4.01%), Vitamin D: 0.59µg (3.9%), Vitamin K: 2.53µg (2.41%)