



Olive Oil Dip with Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 sticks broccoli florets for dipping
- 6 sprigs thyme sprigs fresh
- 3 garlic clove smashed
- 0.5 cup olive green
- 0.3 teaspoon kosher salt
- 0.5 cup olive oil extra virgin extra-virgin
- 0.3 teaspoon pepper red

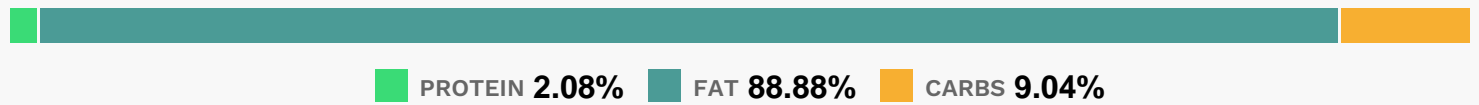
Equipment

- bowl
- sauce pan

Directions

- Chop the olives.
- Combine them in a medium saucepan with the olive oil, garlic cloves, red pepper flakes, thyme, and salt. Cook over medium heat, gently stirring, until just warm, about 2 minutes.
- Transfer to a bowl and serve with broccoli florets, fennel wedges, carrot sticks, and radishes.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:0.9243478204893%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 38.75kcal (1.94%), Fat: 4.02g (6.18%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 205.68mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin E: 0.74mg (4.91%), Vitamin C: 1.66mg (2.02%), Vitamin K: 1.96µg (1.86%), Vitamin A: 88.2IU (1.76%), Fiber: 0.43g (1.73%), Manganese: 0.03mg (1.66%), Iron: 0.22mg (1.22%), Vitamin B6: 0.02mg (1.04%)