



## Olive Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



110 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 2 tablespoons balsamic vinegar
- 3 garlic clove
- 7 oz kalamata olives pitted drained
- 3 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 1 teaspoon pepper
- 7 oz pimiento stuffed olives spanish drained
- 1 teaspoon paprika smoked

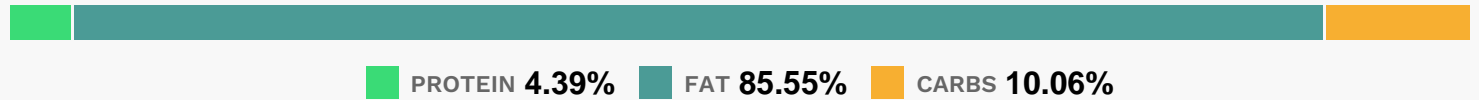
# Equipment

food processor

# Directions

Process all ingredients in a food processor until smooth, stopping to scrape down sides as needed.

# Nutrition Facts



# Properties

Glycemic Index:12.7, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:2.362173937585%

# Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 110.43kcal (5.52%), Fat: 11.01g (16.94%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.73g (0.81%), Cholesterol: 2.17mg (0.73%), Sodium: 664.05mg (28.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin E: 2.19mg (14.6%), Fiber: 1.45g (5.8%), Vitamin A: 277.29IU (5.55%), Calcium: 46.62mg (4.66%), Vitamin K: 3.63µg (3.46%), Copper: 0.06mg (2.81%), Manganese: 0.05mg (2.5%), Phosphorus: 20.37mg (2.04%), Selenium: 1.38µg (1.97%), Iron: 0.33mg (1.83%), Magnesium: 6.55mg (1.64%), Vitamin B6: 0.03mg (1.52%), Potassium: 35.72mg (1.02%)