



Olive Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons capers
- ☐ 1 teaspoon basil dried
- ☐ 1.5 teaspoons parsley flakes dried
- ☐ 1 tablespoon garlic minced
- ☐ 16 ounce olives green pitted drained
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup olive oil
- ☐ 4.5 ounce olives ripe drained chopped canned

- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup pepperoncini peppers chopped
- ☐ 1 jar pickled vegetables mixed (1-quart)

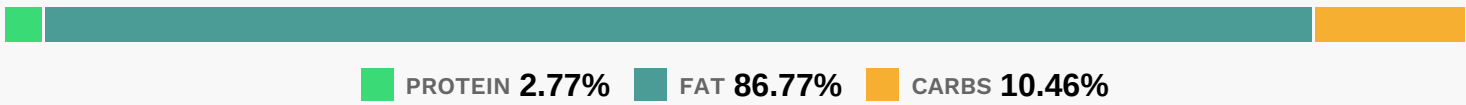
Equipment

- ☐ food processor

Directions

- ☐ Drain pickled vegetables, reserving 1/4 cup liquid.
- ☐ Pulse pickled vegetables, onion, if desired, and next 10 ingredients in a food processor until coarsely chopped. Stir in reserved vegetable liquid and, if desired, roasted red peppers; cover and chill 8 hours. Chill leftover mixture up to 2 weeks.
- ☐ Note: We used mixed pickled vegetables that contained cauliflower, onion, carrot, pepper, and celery.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:4.8060869185821%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 178.14kcal (8.91%), Fat: 18.5g (28.46%), Saturated Fat: 2.48g (15.53%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.67g (0.74%), Cholesterol: 0mg (0%), Sodium: 1586.27mg (68.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin E: 4.35mg (29.01%), Fiber: 3.75g (14.98%), Vitamin K: 10.24µg (9.75%), Vitamin A: 418.8IU (8.38%), Copper: 0.14mg (7.16%), Calcium: 64.73mg (6.47%), Vitamin C: 4.86mg (5.89%), Iron: 0.88mg (4.9%), Manganese: 0.09mg (4.33%), Magnesium: 15.26mg (3.81%), Vitamin B6: 0.07mg (3.61%), Potassium: 72.18mg (2.06%), Vitamin B1: 0.03mg (1.92%), Vitamin B3: 0.35mg (1.75%), Selenium:

1.14µg (1.63%), Folate: 6.49µg (1.62%), Vitamin B2: 0.02mg (1.15%)