



Olive Salad Appetizer

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



5

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 anchovy finely chopped
- 1 rib celery finely chopped
- 0.3 cup parsley fresh finely chopped
- 1 garlic clove minced
- 12 olives (green with picholine olives) pitted finely chopped
- 12 kalamata olives pitted finely chopped
- 2 teaspoons lemon rind finely grated
- 4 ounce marinated mushrooms drained finely chopped

- 3 tablespoons olive oil extra-virgin
- 0.3 teaspoon pepper freshly ground
- 0.3 cup purple onion diced

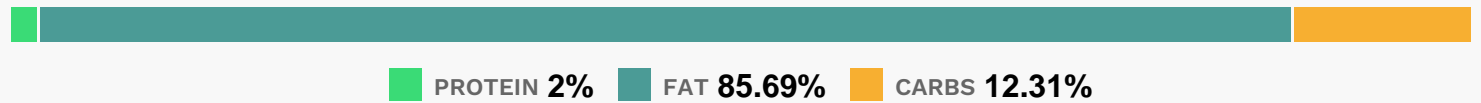
Equipment

- food processor

Directions

- Stir together all ingredients (see Note).
- Serve with bagel chips.
- Note: You can chop the ingredients for this salad in a food processor or mini chopper to save time; however, we prefer the texture and appearance achieved from chopping the ingredients by hand in this recipe.

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:4.4239130467176%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 115.45kcal (5.77%), Fat: 11.42g (17.56%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.51g (0.57%), Cholesterol: 0.48mg (0.16%), Sodium: 339.3mg (14.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin K: 54.79µg (52.18%), Vitamin E: 1.97mg (13.16%), Vitamin C: 5.81mg (7.04%), Vitamin A: 330.64IU (6.61%), Fiber: 0.99g (3.98%), Iron: 0.4mg (2.2%), Calcium: 19.91mg (1.99%), Manganese: 0.04mg (1.93%), Copper: 0.04mg (1.81%), Folate: 6.94µg (1.73%), Vitamin B6: 0.03mg (1.43%), Magnesium: 5.2mg (1.3%), Potassium: 45.05mg (1.29%), Vitamin B3: 0.22mg (1.08%)