



Olive Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

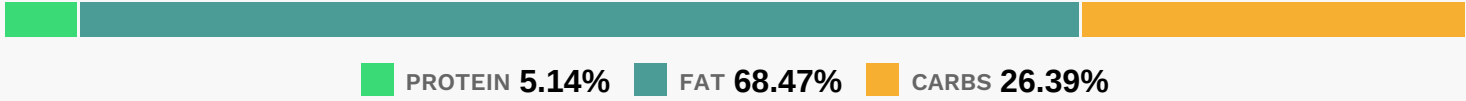
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 medium onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 5.8 ounce pimiento-stuffed olives chopped
- ☐ 3 to 4 plum tomatoes diced

Equipment

Directions

☐ Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:1.9400000040946%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 38.2kcal (1.91%), Fat: 3.21g (4.93%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 1.65g (0.6%), Sugar: 1.08g (1.2%), Cholesterol: 0mg (0%), Sodium: 319.62mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin E: 0.92mg (6.11%), Vitamin C: 4.83mg (5.85%), Vitamin A: 278.03IU (5.56%), Fiber: 1.13g (4.51%), Manganese: 0.06mg (2.81%), Potassium: 81.98mg (2.34%), Vitamin K: 2.38µg (2.27%), Copper: 0.04mg (2.23%), Vitamin B6: 0.04mg (1.77%), Calcium: 16.74mg (1.67%), Magnesium: 6.46mg (1.61%), Iron: 0.28mg (1.53%), Folate: 5.81µg (1.45%), Vitamin B1: 0.02mg (1.19%), Vitamin B3: 0.21mg (1.03%)