



Olive Spiders

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



9 kcal

SIDE DISH

Ingredients

- 1 caper
- 1 olives
- 9 rosemary

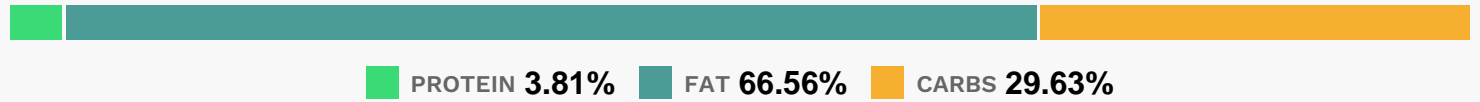
Equipment

- toothpicks
- skewers

Directions

- Use a wooden skewer or toothpick to make 4 holes on 2 opposite sides of an olive. Insert a rosemary leaf in each hole. Use another rosemary leaf to secure a caper at one end of each olive. Use olives in different sizes and colors. (Pick out the rosemary leaves if you want to eat the olives.)

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:0.57000000264658%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 8.89kcal (0.44%), Fat: 0.75g (1.16%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.02g (0.03%), Cholesterol: 0mg (0%), Sodium: 76.69mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Fiber: 0.53g (2.13%), Iron: 0.29mg (1.62%), Calcium: 13.8mg (1.38%), Vitamin E: 0.16mg (1.05%)