



## Olive & Sun-Dried Tomato Tapenade

READY IN



10 min.

SERVINGS



10

CALORIES



208 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 6 oz olives black pitted drained canned
- 0.3 cup knudsen cream light sour
- 1 tsp parsley fresh chopped
- 2 Tbsp olive oil
- 1 Tbsp parmesan cheese grated kraft
- 1 plum tomatoes chopped
- 0.3 cup sun-dried tomatoes
- 10 servings woven wheat crackers thin

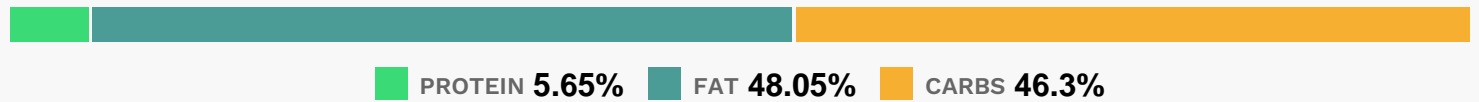
# Equipment

food processor

# Directions

- Process first 3 ingredients in food processor until well blended.
- Spread onto serving plate; top with sour cream, plum tomatoes, parsley and cheese.
- Serve with crackers.

# Nutrition Facts



# Properties

Glycemic Index:10, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:2.7826087082858%

# Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 208.42kcal (10.42%), Fat: 11.41g (17.55%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 21.78g (7.92%), Sugar: 5.24g (5.83%), Cholesterol: 3.12mg (1.04%), Sodium: 510.7mg (22.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Fiber: 2.96g (11.83%), Vitamin E: 1.11mg (7.4%), Iron: 1.1mg (6.11%), Calcium: 46.36mg (4.64%), Potassium: 133.42mg (3.81%), Vitamin K: 3.81µg (3.63%), Vitamin A: 172.84IU (3.46%), Copper: 0.06mg (3.23%), Manganese: 0.06mg (2.91%), Vitamin C: 2.01mg (2.44%), Magnesium: 8.83mg (2.21%), Phosphorus: 20.58mg (2.06%), Vitamin B3: 0.33mg (1.66%), Vitamin B1: 0.02mg (1.57%), Vitamin B2: 0.03mg (1.57%), Vitamin B6: 0.02mg (1.07%), Folate: 4.2µg (1.05%), Selenium: 0.72µg (1.02%)