



Olive Tapenade

 Dairy Free

READY IN



10 min.

SERVINGS



14

CALORIES



69 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 cups olives pitted ripe
- 0.3 cup walnut pieces chopped
- 3 tablespoons vegetable oil
- 3 tablespoons capers drained
- 1.5 teaspoons rosemary leaves fresh
- 1 teaspoon seasoning italian
- 2 cloves garlic
- 1 serving bell pepper red chopped

1 serving round buttery crackers assorted

Equipment

food processor

blender

Directions

Place all ingredients except bell pepper and crackers in food processor or blender. Cover and process, using quick on-and-off motions, until slightly coarse.

Spoon into serving dish.

Sprinkle with bell pepper.

Serve with crackers.

Nutrition Facts

PROTEIN 3.75% **FAT 84.07%** **CARBS 12.18%**

Properties

Glycemic Index:6.21, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:2.3513043561707%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 68.83kcal (3.44%), Fat: 6.79g (10.45%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.47g (0.52%), Cholesterol: 0mg (0%), Sodium: 283.56mg (12.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Vitamin C: 7.05mg (8.55%), Vitamin K: 7.77µg (7.4%), Vitamin E: 0.97mg (6.46%), Manganese: 0.1mg (4.96%), Vitamin A: 229.02IU (4.58%), Fiber: 0.88g (3.53%), Copper: 0.06mg (3.08%), Vitamin B6: 0.04mg (1.96%), Magnesium: 6.82mg (1.7%), Iron: 0.3mg (1.64%), Folate: 6.51µg (1.63%), Calcium: 15.48mg (1.55%), Phosphorus: 13.36mg (1.34%), Vitamin B1: 0.02mg (1.3%)