



Olives + Preserved Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 2 tablespoons slivered preserved lemon rind store-bought
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 cups olives mixed

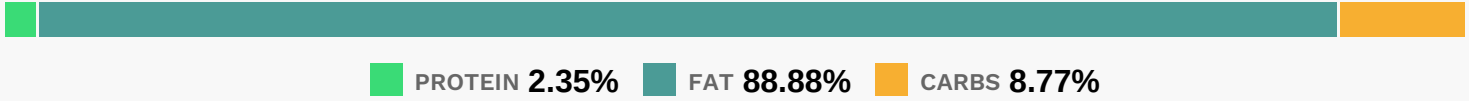
Equipment

- ☐ bowl

Directions

In a large bowl, combine olives, rosemary, olive oil, and preserved lemon rind, tossing well.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2017391194468%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg

Nutrients (% of daily need)

Calories: 60.18kcal (3.01%), Fat: 6.35g (9.77%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 526.57mg (22.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin E: 1.45mg (9.69%), Fiber: 1.25g (5.01%), Vitamin A: 137.51IU (2.75%), Copper: 0.04mg (2.05%), Calcium: 18.09mg (1.81%), Vitamin K: 1.17µg (1.12%), Iron: 0.18mg (1.02%)