

Olives Sciacati

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

Ingredients

- 2 cups celery pieces with leaves
- 6 garlic cloves coarsely chopped
- 0.8 cup olive oil extra-virgin
- 2 pounds unpitted olives green
- 2 tablespoons oregano dried
- 1 teaspoon pepper
- 0.8 teaspoon pepper dried red crushed
- 0.3 cup red wine vinegar

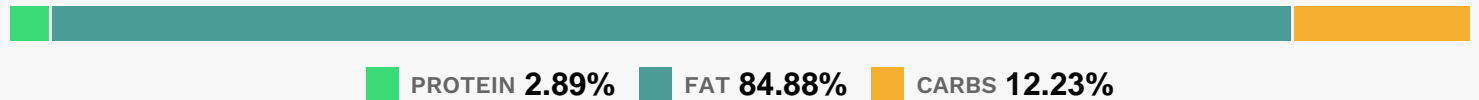
Equipment

- bowl
- whisk

Directions

- Wash olives, and drain. Gently pound each olive with a wooden mallet to open. (Don't mash, and don't remove pit.)
- Place olives and celery in a large bowl.
- Whisk together olive oil and next 5 ingredients until blended; pour over olive mixture, tossing to coat. Cover and chill 8 hours. Refrigerate up to 1 month.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.49, Inflammation Score:-9, Nutrition Score:8.8043479090152%

Flavonoids

Apigenin: 0.98mg, Apigenin: 0.98mg, Apigenin: 0.98mg, Apigenin: 0.98mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 284.01kcal (14.2%), Fat: 28.72g (44.19%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 2.84g (1.03%), Sugar: 1.39g (1.54%), Cholesterol: 0mg (0%), Sodium: 2391.61mg (103.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin E: 7.03mg (46.9%), Fiber: 6.47g (25.88%), Vitamin K: 26.45µg (25.19%), Vitamin A: 849.94IU (17%), Calcium: 127.09mg (12.71%), Copper: 0.22mg (11.03%), Manganese: 0.22mg (10.97%), Iron: 1.62mg (9.02%), Magnesium: 26.93mg (6.73%), Vitamin B6: 0.13mg (6.63%), Potassium: 197.31mg (5.64%), Folate: 20.82µg (5.21%), Vitamin B1: 0.05mg (3.25%), Vitamin B3: 0.6mg (2.99%), Selenium: 2.06µg (2.95%), Vitamin B2: 0.04mg (2.64%), Vitamin C: 2.07mg (2.51%), Phosphorus: 23.26mg (2.33%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.2mg (1.34%)