



Olives with Orange, Fennel, and Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chili flakes hot
- ☐ 1 teaspoon fennel seed
- ☐ 2 cans olives green ripe drained (each)
- ☐ 2 tablespoons long thin
- ☐ 0.3 cup olive oil

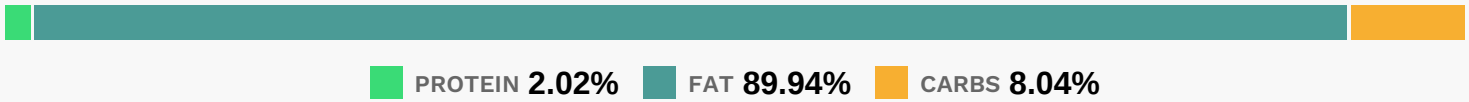
Equipment

- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan over medium-high heat, stir fennel until seeds are slightly darker, 1 to 2 minutes.
- ☐ Add oil, peel, chilies, and olives. Stir until olives are hot, about 2 minutes.
- ☐ Serve olives hot, warm, or at room temperature. If making ahead, store airtight up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.0691304064315%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg

Nutrients (% of daily need)

Calories: 204.07kcal (10.2%), Fat: 21.74g (33.45%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 1525.5mg (66.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin E: 4.79mg (31.91%), Fiber: 3.56g (14.25%), Vitamin A: 463.94IU (9.28%), Copper: 0.12mg (6.18%), Calcium: 57mg (5.7%), Vitamin K: 5.69µg (5.42%), Iron: 0.62mg (3.43%), Magnesium: 12.39mg (3.1%), Vitamin C: 2.09mg (2.54%), Vitamin B6: 0.04mg (1.96%), Vitamin B1: 0.02mg (1.59%), Potassium: 53.31mg (1.52%), Vitamin B3: 0.29mg (1.44%), Selenium: 0.94µg (1.35%), Manganese: 0.02mg (1.03%)