



Orange-Scented Olive, Parsley, and Sun-Dried Tomato Tapenade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



71 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cloves garlic sliced
- ☐ 2 Tablespoons olive oil (to achieve the consistency you prefer)
- ☐ 0.5 cup olives chopped
- ☐ 1 orange zest
- ☐ 1.5 cups parsley finely chopped for this task (I use a food processor)
- ☐ 0.5 cup onion diced red
- ☐ 8 servings sea salt and pepper black freshly ground to taste

☐ 0.5 cup sun tomatoes dried diced

Equipment

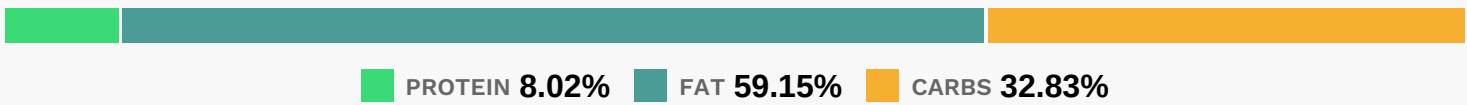
☐ food processor

☐ bowl

Directions

- ☐ If using a food processor to chop the parsley, simply leave it in the bowl and add the olives, sun-dried tomatoes, onion, and garlic to it.Pulse the mixture until all ingredients are very finely chopped.With the motor running, stream in the olive oil and turn off. Avoid over-processing, as you want to see flecks of color and you want the mixture to have a fine texture but not be completely smooth.
- ☐ Add zest and pulse a couple of times.Check for seasoning and add salt and pepper to taste, pulsing a couple of times to blend.
- ☐ Serve immediately or refrigerate in an airtight container until serving time.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:9.9439130010812%

Flavonoids

Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 71.23kcal (3.56%), Fat: 5.1g (7.85%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.51g (1.64%), Sugar: 3.15g (3.51%), Cholesterol: 0mg (0%), Sodium: 145.88mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin K: 189.89µg (180.85%), Vitamin C: 20.55mg (24.91%), Vitamin A: 1048.03IU (20.96%), Potassium: 322.33mg (9.21%), Manganese: 0.18mg (8.84%), Iron: 1.43mg (7.96%), Fiber: 1.86g (7.43%), Copper: 0.13mg (6.61%), Vitamin E: 0.92mg (6.12%), Folate: 24.41µg (6.1%), Magnesium:

21.49mg (5.37%), Vitamin B3: 0.82mg (4.09%), Vitamin B1: 0.05mg (3.67%), Phosphorus: 35.28mg (3.53%), Calcium: 33.35mg (3.33%), Vitamin B2: 0.05mg (2.93%), Vitamin B6: 0.06mg (2.76%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.29mg (1.91%)