



Provençal Olive Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



36 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 teaspoons capers
- ☐ 1 teaspoon fennel seeds
- ☐ 31 ounce great northern beans beans white rinsed drained canned
- ☐ 16 kalamata olives pitted
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 teaspoons red wine vinegar
- ☐ 0.3 teaspoon salt

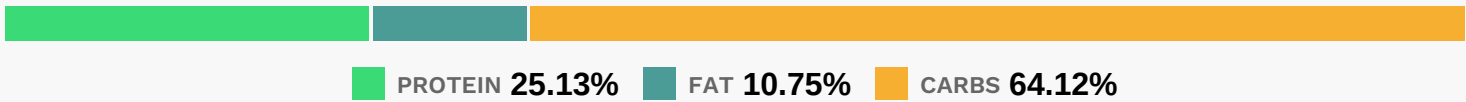
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place all ingredients in a food processor; process until smooth.
- ☐ Place bean mixture in a bowl.

Nutrition Facts



Properties

Glycemic Index:0.16, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.4008695820104%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 35.78kcal (1.79%), Fat: 0.44g (0.68%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 3.9g (1.42%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 56.95mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Fiber: 2.03g (8.14%), Manganese: 0.15mg (7.42%), Folate: 28.2µg (7.05%), Phosphorus: 45.82mg (4.58%), Copper: 0.07mg (3.61%), Magnesium: 14.38mg (3.6%), Iron: 0.63mg (3.47%), Potassium: 110.02mg (3.14%), Vitamin B1: 0.04mg (2.94%), Calcium: 21.11mg (2.11%), Vitamin B6: 0.03mg (1.67%), Zinc: 0.25mg (1.64%), Selenium: 1.15µg (1.64%)