



Queso Manchego con Aceitunas y Piquillos

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 fillet anchovy
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 24 servings parsley fresh minced
- ☐ 0.5 pound manchego cheese
- ☐ 30 olives black pitted chopped
- ☐ 0.8 cup piquillo peppers chopped

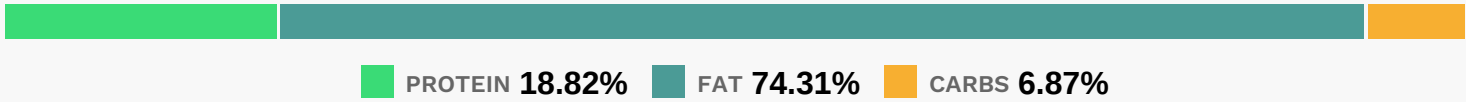
Equipment

- ☐ mortar and pestle

Directions

- ☐ Cut the wedge of cheese lengthwise into 1/8-inch slices to form triangular pieces. In a mortar or mini processor, mash to a paste the olives, piquillos, anchovies, and oil.
- ☐ Spread about 3/4 teaspoon of the mixture on each cheese slice.
- ☐ Sprinkle with parsley and arrange attractively on a serving dish.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:4.7469565476412%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 58.47kcal (2.92%), Fat: 4.8g (7.39%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.25g (0.27%), Cholesterol: 10.71mg (3.57%), Sodium: 158.98mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin K: 66.02µg (62.88%), Vitamin C: 9.76mg (11.83%), Calcium: 110.71mg (11.07%), Vitamin A: 483.02IU (9.66%), Iron: 0.44mg (2.45%), Vitamin E: 0.31mg (2.07%), Folate: 6.32µg (1.58%), Fiber: 0.3g (1.19%), Vitamin B3: 0.2mg (1.02%)