



Red Pepper and Black Olive Tapenade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3.3 ounce capers drained
- ☐ 1 cup basil leaves fresh packed
- ☐ 2 garlic cloves chopped
- ☐ 2 cups kalamata olives pitted
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 8 servings pepper freshly ground to taste
- ☐ 1 bell pepper red

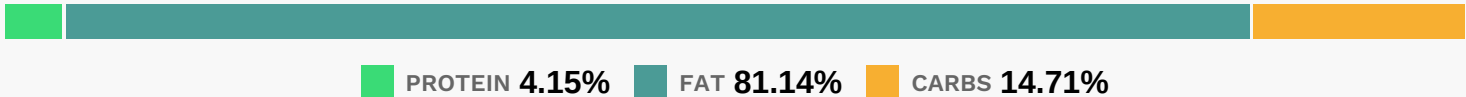
Equipment

- ☐ food processor
- ☐ ziploc bags

Directions

- ☐ Broil red pepper 3 inches from heat 15 minutes or until charred on all sides, turning occasionally.
- ☐ Place in zip-top plastic bag, seal, and let stand 10 minutes to loosen skins. Peel peppers, discard skin and seeds, and chop roughly.
- ☐ Place red pepper, olives, and next 4 ingredients in a food processor, and pulse until combined. Slowly add olive oil while processor is running, and blend well. Season with pepper.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:5.0013043647227%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 15.13mg, Kaempferol: 15.13mg, Kaempferol: 15.13mg, Kaempferol: 15.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.93mg, Quercetin: 19.93mg, Quercetin: 19.93mg, Quercetin: 19.93mg

Nutrients (% of daily need)

Calories: 81.79kcal (4.09%), Fat: 8.04g (12.37%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 1.39g (0.5%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 846.34mg (36.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin C: 21.03mg (25.5%), Vitamin K: 18.29µg (17.42%), Vitamin A: 773.24IU (15.46%), Vitamin E: 2.04mg (13.6%), Fiber: 1.89g (7.56%), Copper: 0.1mg (5.08%), Manganese: 0.09mg (4.28%), Vitamin B6: 0.07mg (3.58%), Folate: 12.96µg (3.24%), Iron: 0.56mg (3.09%), Calcium: 30.45mg (3.04%), Magnesium: 11.69mg (2.92%), Vitamin B2: 0.03mg (2.03%), Potassium: 65.31mg (1.87%), Vitamin B3: 0.34mg (1.68%), Vitamin B1: 0.02mg (1.35%)