



Rosemary-flavoured olives



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

Ingredients



600 g olives black for the best flavour (choose unpitted)



1 rosemary finely chopped



4 sun-dried olives finely chopped



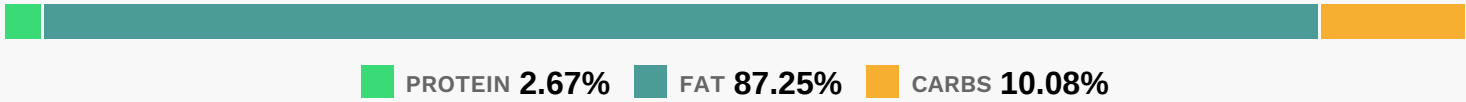
1 tbsp olive oil

Equipment

Directions

- ☐
- Drain any liquid from the olives, then toss them together with the other ingredients.
- ☐
- Leave for up to 1 week in the fridge.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:3.7808695461439%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg

Nutrients (% of daily need)

Calories: 169.12kcal (8.46%), Fat: 17.68g (27.19%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 1.12g (0.41%), Sugar: 1.04g (1.16%), Cholesterol: 0mg (0%), Sodium: 1561.48mg (67.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin E: 4.15mg (27.64%), Fiber: 3.47g (13.88%), Vitamin A: 405.17IU (8.1%), Copper: 0.14mg (6.95%), Calcium: 53.7mg (5.37%), Iron: 0.63mg (3.5%), Magnesium: 13.62mg (3.41%), Vitamin K: 3.38µg (3.22%), Potassium: 87.92mg (2.51%), Vitamin B1: 0.03mg (1.88%), Vitamin B6: 0.04mg (1.79%), Vitamin B3: 0.36mg (1.79%), Selenium: 0.97µg (1.39%), Manganese: 0.02mg (1.25%)