



## Rosemary-Lemon Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



44 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

### Ingredients

- 1 cup olive oil extra virgin
- 1 cup kalamata olives
- 1 cup sicilian olives
- 0.1 teaspoon pepper flakes red crushed
- 4 servings garnish: rosemary fresh

### Equipment

- oven
- baking pan

## Directions

- Place lemon peel, rosemary, and red pepper flakes in an 11" x 7" baking dish.
- Add olives, and drizzle with olive oil.
- Bake, uncovered, at 300 for 40 minutes. Cool to room temperature.
- Garnish, if desired, and serve immediately, or store in refrigerator up to 5 days. Bring refrigerated olives to room temperature before serving.

## Nutrition Facts

**PROTEIN 1.44%** **FAT 93.04%** **CARBS 5.52%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.1013043645931%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

## Nutrients (% of daily need)

Calories: 194.83kcal (9.74%), Fat: 21.19g (32.61%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 1054.5mg (45.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin E: 4.15mg (27.67%), Fiber: 2.39g (9.56%), Vitamin K: 7.51µg (7.15%), Vitamin A: 313.05IU (6.26%), Copper: 0.08mg (4.23%), Calcium: 38.58mg (3.86%), Iron: 0.47mg (2.6%), Magnesium: 8.43mg (2.11%), Vitamin B6: 0.03mg (1.28%), Potassium: 36.36mg (1.04%)