



Salmon-Olive Relish

 **Gluten Free**  **Dairy Free**

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

19 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

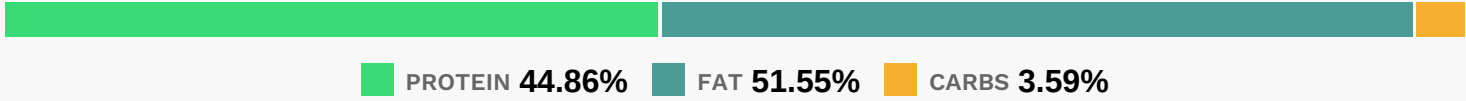
- ☐ 1 teaspoon olive oil extra virgin
- ☐ 1 green onion minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 3 oil-cured olives black minced
- ☐ 4 oz salmon smoked diced

Equipment

Directions

☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.8595652243365%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 19.04kcal (0.95%), Fat: 1.08g (1.66%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0.05g (0.05%), Cholesterol: 2.61mg (0.87%), Sodium: 107.83mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin D: 1.94µg (12.93%), Vitamin B12: 0.37µg (6.16%), Selenium: 3.69µg (5.28%), Vitamin B3: 0.54mg (2.72%), Vitamin K: 2.75µg (2.62%), Phosphorus: 19.13mg (1.91%), Vitamin E: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.64%), Copper: 0.03mg (1.43%)