



Southwestern Chili Tapenade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



100 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 teaspoons adobo sauce from the can
- ☐ 1 chipotle pepper plus canned
- ☐ 0.3 cup lightly cilantro leaves fresh packed
- ☐ 2 cloves garlic minced
- ☐ 2 green onions sliced
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 12 ounce california olives ripe drained well canned

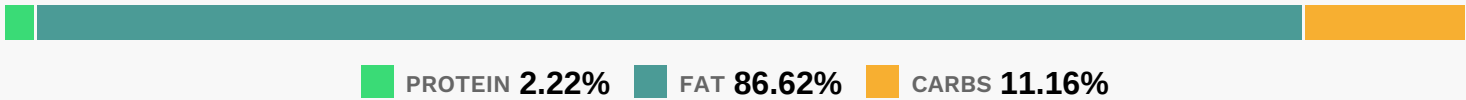
Equipment

☐ food processor

Directions

- ☐ Drain olives well and place in a food processor with all remaining ingredients, except the chips. Pulse on and off until finely chopped.Cover and chill for at least 1 hour.
- ☐ Serve with tortilla chips or try one of the serving options from the post above.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.465217412166%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 100.37kcal (5.02%), Fat: 10.28g (15.82%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 1.25g (0.45%), Sugar: 0.53g (0.58%), Cholesterol: 0mg (0%), Sodium: 878.78mg (38.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin E: 2.2mg (14.64%), Vitamin K: 10.59µg (10.09%), Fiber: 1.73g (6.92%), Vitamin A: 235.54IU (4.71%), Copper: 0.06mg (2.91%), Calcium: 28.06mg (2.81%), Vitamin C: 2.13mg (2.58%), Iron: 0.38mg (2.12%), Magnesium: 6.18mg (1.55%), Vitamin B6: 0.03mg (1.32%), Potassium: 38.51mg (1.1%), Manganese: 0.02mg (1.01%)