



Sundried Tomato Tapenade



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



210 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 servings pepper black freshly ground to taste
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 8 ounce cream cheese halved lengthwise
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup olives green pitted chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1 tablespoon olive oil

☐

8 ounce mediterranean sun-dried tomatoes packed in oil, drained and chopped

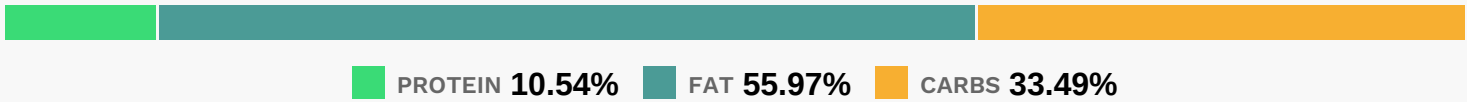
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Stir balsamic vinegar, olive oil, and cayenne pepper together in a bowl; fold in sun-dried tomatoes, Kalamata olives, green olives, and garlic. Season with black pepper. Cover bowl with plastic wrap and refrigerate for flavors to blend, at least 2 hours to overnight.
- ☐ Arrange cream cheese halves on 2 serving dishes; spoon tapenade over cream cheese.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:4.59, Inflammation Score:-6, Nutrition Score:11.32869558749%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 209.79kcal (10.49%), Fat: 14.09g (21.67%), Saturated Fat: 6.32g (39.51%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 15.04g (5.47%), Sugar: 12.4g (13.78%), Cholesterol: 28.63mg (9.54%), Sodium: 296.04mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.93%), Potassium: 1026.13mg (29.32%), Manganese: 0.56mg (28.23%), Copper: 0.43mg (21.36%), Fiber: 3.92g (15.7%), Iron: 2.74mg (15.2%), Magnesium: 59.81mg (14.95%), Vitamin A: 699.38IU (13.99%), Vitamin C: 11.51mg (13.95%), Vitamin K: 14.23µg (13.55%), Phosphorus: 134.53mg (13.45%), Vitamin B3: 2.63mg (13.16%), Vitamin B2: 0.21mg (12.15%), Vitamin B1: 0.16mg (10.74%), Vitamin B5: 0.76mg (7.64%), Calcium: 68.2mg (6.82%), Vitamin B6: 0.13mg (6.46%), Vitamin E: 0.95mg (6.32%), Selenium: 4.27µg (6.1%), Folate: 22.28µg (5.57%), Zinc: 0.73mg (4.86%), Vitamin B12: 0.06µg (1.04%)