



Super Duper Olive Spread or Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 32 oz olives black pitted drained canned
- ☐ 1 Tbsp parsley dried
- ☐ 1 garlic cloves to taste
- ☐ 0.3 cup olive oil
- ☐ 2 Tbsp pinenuts

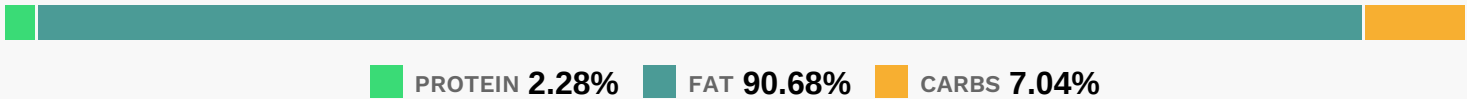
Equipment

- ☐ blender

Directions

- ☐ Put the olives and pine nuts in a blender.
- ☐ Add the garlic and start processing.
- ☐ Pour in the olive oil as the processor starts. Don't over process, just enough to bind everything together.
- ☐ Add the parsley and mix to combine.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:7.3856521741204%

Flavonoids

Apigenin: 12.02mg, Apigenin: 12.02mg, Apigenin: 12.02mg, Apigenin: 12.02mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 349.27kcal (17.46%), Fat: 37.43g (57.59%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.96g (1.07%), Cholesterol: 0mg (0%), Sodium: 2360.28mg (102.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin E: 7.82mg (52.16%), Fiber: 5.19g (20.78%), Manganese: 0.33mg (16.4%), Vitamin K: 14.77µg (14.07%), Vitamin A: 600.39IU (12.01%), Copper: 0.23mg (11.45%), Calcium: 83.22mg (8.32%), Magnesium: 26.19mg (6.55%), Iron: 1.06mg (5.89%), Vitamin B1: 0.05mg (3.03%), Vitamin B6: 0.06mg (2.93%), Phosphorus: 27.14mg (2.71%), Vitamin B3: 0.53mg (2.67%), Potassium: 92.68mg (2.65%), Selenium: 1.49µg (2.13%), Zinc: 0.3mg (1.97%), Folate: 6.16µg (1.54%), Vitamin B2: 0.03mg (1.47%)