



WHATSheATE



Tangy Marinated Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

Ingredients



0.3 cup olives black pitted chopped



8 ounces mozzarella fresh



2 cloves garlic minced



0.3 cup olive green pitted chopped



2 teaspoons seasoning italian



3 tablespoons olive oil extra virgin extra-virgin



2 tablespoons parsley chopped



8 servings bell pepper

- ☐ 0.3 cup pimientos jarred drained chopped
- ☐ 8 ounces sharp cheddar cheese

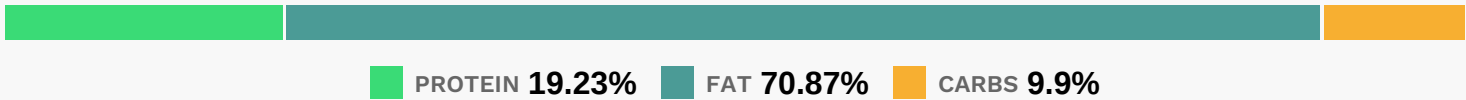
Equipment

- ☐ bowl

Directions

- ☐ Slice pieces of cheese in half lengthwise and then into 12 slices crosswise. Alternate slices on a platter.
- ☐ Combine remaining ingredients in a bowl.
- ☐ Pour over cheese. Refrigerate for 2 hours or overnight.
- ☐ Serve with French bread or crackers.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:17.82347816488%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 283.21kcal (14.16%), Fat: 22.79g (35.07%), Saturated Fat: 10.12g (63.28%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.8g (4.22%), Cholesterol: 50.75mg (16.92%), Sodium: 499.7mg (21.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.84%), Vitamin C: 103.18mg (125.06%), Vitamin A: 3093.57IU (61.87%), Calcium: 364.39mg (36.44%), Vitamin K: 28.39µg (27.04%), Phosphorus: 253.63mg (25.36%), Selenium: 13.13µg (18.76%), Vitamin E: 2.67mg (17.81%), Vitamin B2: 0.28mg (16.35%), Vitamin B12: 0.95µg (15.78%), Zinc: 2.1mg (14.03%), Vitamin B6: 0.28mg (14.03%), Folate: 45.61µg (11.4%), Fiber: 2.24g (8.97%), Manganese: 0.14mg (6.97%), Potassium: 230.59mg (6.59%), Magnesium: 25.65mg (6.41%), Iron: 0.94mg (5.24%), Vitamin B3: 0.88mg (4.4%), Vitamin B1: 0.06mg (4.22%), Vitamin B5: 0.41mg (4.09%), Copper: 0.05mg (2.29%), Vitamin D: 0.28µg (1.89%)