



Tapenade

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



218 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 fillet anchovy salted rinsed well
- 8 slices multigrain baguette whole-wheat toasted thin
- 5 basil leaves chopped
- 1 tablespoon capers drained
- 0.5 garlic clove
- 7 tablespoons olive oil
- 5 ounces niçoise olives black pitted

Equipment

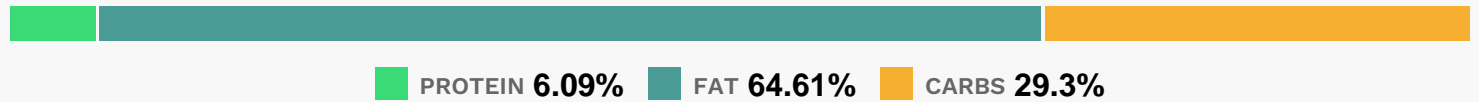
blender

Directions

In a blender, combine first 5 ingredients (through capers).

With the blender running, add oil; blend until slightly chunky. Divide among toasts.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:10.58, Inflammation Score:-2, Nutrition Score:4.9199999462327%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 218.08kcal (10.9%), Fat: 15.87g (24.42%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 14.89g (5.42%), Sugar: 1.6g (1.78%), Cholesterol: 0.3mg (0.1%), Sodium: 502.66mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Vitamin E: 2.55mg (16.97%), Vitamin B1: 0.19mg (12.73%), Vitamin K: 9.87µg (9.4%), Folate: 35.22µg (8.81%), Selenium: 5.89µg (8.41%), Vitamin B3: 1.58mg (7.88%), Manganese: 0.16mg (7.78%), Iron: 1.3mg (7.24%), Vitamin B2: 0.11mg (6.3%), Fiber: 1.3g (5.19%), Calcium: 44.85mg (4.49%), Copper: 0.07mg (3.32%), Phosphorus: 32.51mg (3.25%), Magnesium: 11.01mg (2.75%), Vitamin B6: 0.04mg (2.12%), Zinc: 0.28mg (1.84%), Vitamin A: 84.47IU (1.69%), Potassium: 51.05mg (1.46%), Vitamin B5: 0.13mg (1.3%)