



Tapenade

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



205 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 fillet anchovy
- ☐ 1 baguette toasted sliced
- ☐ 0.5 pound olives diced black such as kalamata, pitted and good
- ☐ 3 tablespoons capers drained
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 1 garlic clove minced

- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.5 cup olive oil good

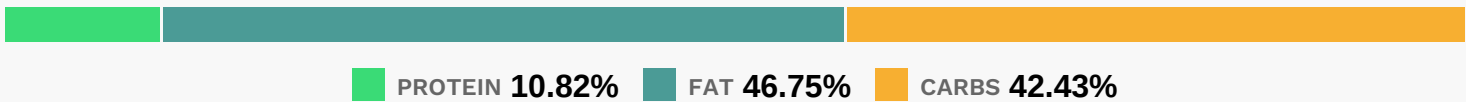
Equipment

- ☐ food processor

Directions

- ☐ Combine the olives, capers, anchovies and garlic in a food processor fitted with a steel blade, and pulse 3 times.
- ☐ Add the olive oil, lemon juice, mustard, thyme and parsley and process until chunky.
- ☐ Serve on toasts.

Nutrition Facts



Properties

Glycemic Index:35.13, Glycemic Load:13.83, Inflammation Score:-6, Nutrition Score:7.5647825391396%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 205.34kcal (10.27%), Fat: 10.89g (16.75%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 19.83g (7.21%), Sugar: 2.27g (2.52%), Cholesterol: 3.2mg (1.07%), Sodium: 982.4mg (42.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Vitamin B1: 0.26mg (17.3%), Vitamin K: 15.9µg (15.15%), Selenium: 10.14µg (14.49%), Vitamin E: 2.16mg (14.4%), Vitamin B3: 2.79mg (13.93%), Folate: 48.91µg (12.23%), Iron: 2.02mg (11.22%), Manganese: 0.22mg (11.13%), Fiber: 2.41g (9.63%), Vitamin B2: 0.16mg (9.4%), Calcium: 77.26mg (7.73%), Copper: 0.13mg (6.4%), Phosphorus: 54.28mg (5.43%), Magnesium: 20.44mg (5.11%), Vitamin A: 230.11IU (4.6%), Vitamin B6: 0.07mg (3.69%), Vitamin C: 2.72mg (3.3%), Zinc: 0.48mg (3.2%), Potassium: 102.41mg (2.93%), Vitamin B5: 0.22mg (2.17%)