



Tapenade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 small garlic clove
- ☐ 6 ounce kalamata olives pitted
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 tablespoon sherry vinegar

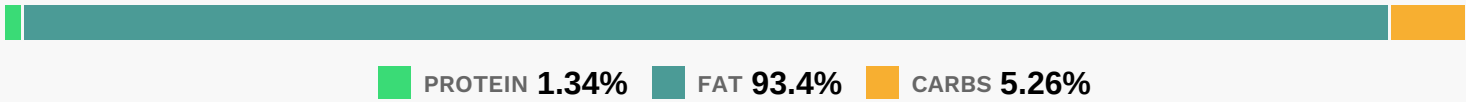
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Pulse first 6 ingredients and, if desired, rum in a blender or food processor 3 or 4 times. Gradually add olive oil, and pulse 3 or 4 times or until mixture forms a coarse paste, stopping to scrape down sides.
- ☐ Serve with fresh raw vegetables and toasted French baguette slices.
- ☐ * White wine vinegar may be substituted for sherry vinegar.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.3986957001945%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 157.36kcal (7.87%), Fat: 17.03g (26.21%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 719.43mg (31.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin E: 3.15mg (21.02%), Vitamin K: 7.63µg (7.26%), Fiber: 1.52g (6.07%), Vitamin A: 170.71IU (3.41%), Copper: 0.06mg (3.15%), Calcium: 25.23mg (2.52%), Iron: 0.34mg (1.91%), Manganese: 0.03mg (1.6%), Magnesium: 5.96mg (1.49%), Vitamin B6: 0.02mg (1.19%)