

Three Olive Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



337 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 cup olives black pitted
- ☐ 2 cloves garlic peeled
- ☐ 1 cup olives green pitted
- ☐ 1 cup kalamata olives pitted
- ☐ 3 tablespoons olive oil

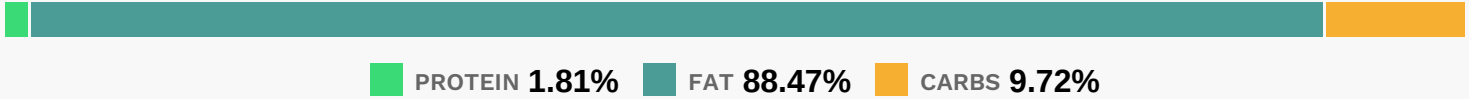
Equipment

- ☐ food processor

Directions

- ☐
- Combine the black olives, green olives, kalamata olives, and garlic in the container of a food processor. Pulse to chop, then add balsamic vinegar and olive oil. Process until smooth. Refrigerate for at least one hour, or overnight if possible, before serving.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:1.55, Inflammation Score:-4, Nutrition Score:5.6934782836748%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 336.57kcal (16.83%), Fat: 34.67g (53.33%), Saturated Fat: 4.67g (29.21%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 4.07g (1.48%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 2110.3mg (91.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin E: 7.16mg (47.74%), Fiber: 4.5g (17.99%), Vitamin A: 530.73IU (10.61%), Vitamin K: 10.35µg (9.86%), Copper: 0.17mg (8.61%), Calcium: 78.28mg (7.83%), Iron: 0.89mg (4.94%), Magnesium: 17.27mg (4.32%), Vitamin B6: 0.07mg (3.33%), Manganese: 0.05mg (2.72%), Potassium: 82.78mg (2.37%), Vitamin B1: 0.03mg (2.16%), Selenium: 1.5µg (2.14%), Vitamin B3: 0.33mg (1.67%), Phosphorus: 11.5mg (1.15%), Folate: 4.11µg (1.03%)