



## "Toni's Marinated Olives"



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

## Ingredients

- ☐ 5 fillet anchovy
- ☐ 1 tablespoon aniseed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons basil dried crumbled
- ☐ 0.5 cup fennel bulb thinly sliced (sometimes called anise)
- ☐ 2 teaspoons fennel seeds
- ☐ 0.5 cup tarragon fresh

- ☐ 0.3 cup thyme sprigs fresh
- ☐ 2 tablespoons garlic minced
- ☐ 2 cups kalamata olives black drained
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 cups oil-cured olives green drained
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons onion minced

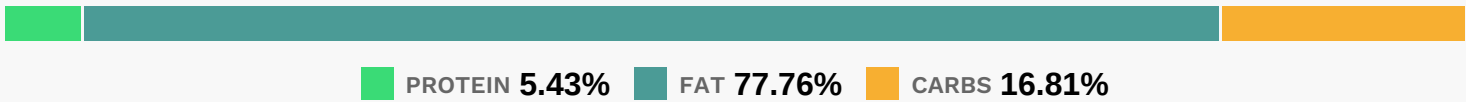
## Equipment

- ☐ bowl
- ☐ slotted spoon

## Directions

- ☐ Chop tarragon and thyme and mince anchovies. In a deep bowl stir together all ingredients except vinegar. Marinate olive mixture, covered and chilled, stirring occasionally, at least 6 hours and up to 3 days. Bring olive mixture to room temperature before proceeding.
- ☐ To serve olives, transfer to a bowl with a slotted spoon and drizzle with vinegar to taste.

## Nutrition Facts



## Properties

Glycemic Index:76, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:14.647391257079%

## Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 352.07kcal (17.6%), Fat: 32.71g (50.33%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 9.1g (3.31%), Sugar: 3g (3.33%), Cholesterol: 3mg (1%), Sodium: 2125.75mg (92.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin E: 6.88mg (45.84%), Manganese: 0.88mg (43.94%), Iron: 4.9mg (27.22%), Fiber: 6.8g (27.22%), Vitamin K: 24.71µg (23.53%), Calcium: 213.52mg (21.35%), Vitamin C: 17.04mg (20.66%), Vitamin A: 962.84IU (19.26%), Vitamin B6: 0.3mg (15.14%), Copper: 0.3mg (14.92%), Magnesium: 59.56mg (14.89%), Potassium: 436.99mg (12.49%), Vitamin B3: 1.9mg (9.48%), Vitamin B2: 0.15mg (8.66%), Folate: 32.07µg (8.02%), Phosphorus: 66.41mg (6.64%), Selenium: 4.12µg (5.88%), Vitamin B1: 0.07mg (4.91%), Zinc: 0.69mg (4.59%), Vitamin B5: 0.17mg (1.73%)