



Warm Greek Garden Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

Ingredients

- 8 servings bell pepper black
- 4 garlic cloves crushed
- 1 jar olives green
- 1 jar kalamata olives
- 9 servings lemon rinds
- 1 cup olive oil
- 2 stems oregano fresh

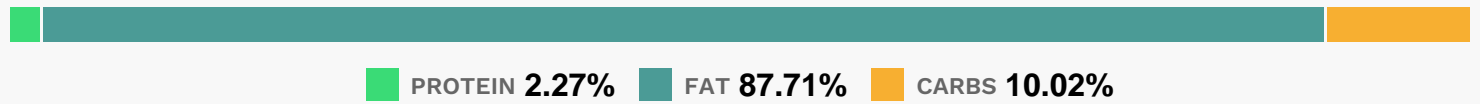
Equipment

- frying pan
- paper towels

Directions

- In a skillet, heat the olive oil over low heat. When the oil is warmed up, add the garlic cloves and lemon rinds. When the garlic cloves are sizzling in the oil, add the oregano.
- Dry the olives with a paper towel to remove excess moisture and add to the skillet. Season with black pepper and toss to combine.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:3.595652172099%

Flavonoids

Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 161.92kcal (8.1%), Fat: 16.92g (26.03%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 1170.6mg (50.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.97%), Vitamin E: 3.69mg (24.63%), Fiber: 2.86g (11.43%), Vitamin A: 301.42IU (6.03%), Vitamin K: 6.04µg (5.76%), Vitamin C: 4.65mg (5.63%), Copper: 0.1mg (5.02%), Calcium: 48.25mg (4.83%), Iron: 0.57mg (3.18%), Manganese: 0.05mg (2.63%), Vitamin B6: 0.05mg (2.55%), Magnesium: 10.1mg (2.53%), Potassium: 52.92mg (1.51%), Vitamin B1: 0.02mg (1.5%), Selenium: 0.94µg (1.34%), Vitamin B3: 0.21mg (1.04%)