



Warm Lemon-Rosemary Olives



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



40

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon lemon zest



1 teaspoon olive oil



3 cups olives mixed



1 teaspoon pepper dried red crushed



1 sprig garnishes: rosemary lemon rind strips



2 rosemary sprigs fresh

Equipment



oven

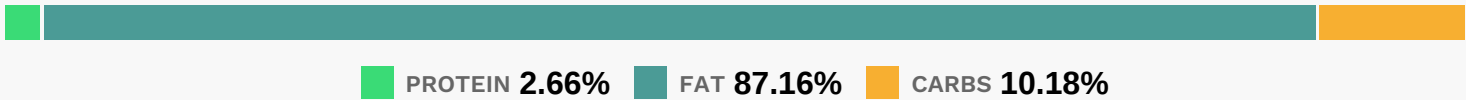
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aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Place first 4 ingredients on a large piece of aluminum foil; drizzle with oil. Fold foil over olive mixture, and pinch edges to seal.
- ☐ Bake at 400 for 30 minutes.
- ☐ Serve warm.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.38478260705976%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 15.81kcal (0.79%), Fat: 1.66g (2.55%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 158.79mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.23%), Vitamin E: 0.42mg (2.8%), Fiber: 0.37g (1.47%), Vitamin A: 56.12IU (1.12%)