



Warm Olive Sauté



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



12

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 fennel bulb cored sliced
- ☐ 0.8 teaspoon fennel seeds
- ☐ 1 teaspoon garlic minced
- ☐ 1 optional: lemon
- ☐ 8 pickled okra cut in half lengthwise
- ☐ 1.5 cups olives mixed
- ☐ 0.5 teaspoon pepper dried red crushed

☐ 0.5 cup roasted salted

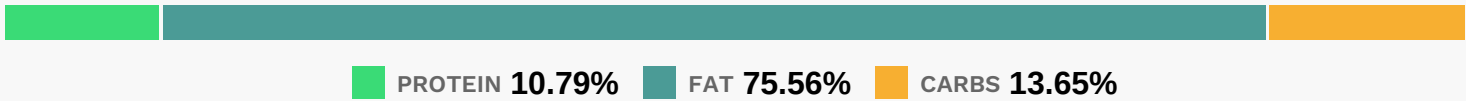
Equipment

☐ frying pan

Directions

- ☐ Saut lemon peel from lemon, minced garlic, fennel seeds, and dried crushed red pepper in p hot extra virgin olive oil in a large skillet over medium heat 1 minute.
- ☐ Add olives, pickled okra, sliced fennel, and almonds. Cook, stirring occasionally, 5 to 7 minutes or until fennel is crisp-tender.

Nutrition Facts



Properties

Glycemic Index:11.04, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:4.598695581374%

Flavonoids

Eriodictyol: 2.13mg, Eriodictyol: 2.13mg, Eriodictyol: 2.13mg, Eriodictyol: 2.13mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 102.85kcal (5.14%), Fat: 9.1g (13.99%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 1.94g (0.71%), Sugar: 1.21g (1.34%), Cholesterol: 6.21mg (2.07%), Sodium: 280.6mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.85%), Vitamin K: 18.69µg (17.8%), Vitamin E: 1.7mg (11.33%), Vitamin C: 9.05mg (10.98%), Fiber: 1.75g (7.01%), Vitamin B6: 0.12mg (5.93%), Manganese: 0.12mg (5.87%), Potassium: 165.83mg (4.74%), Vitamin B1: 0.07mg (4.67%), Selenium: 3.16µg (4.52%), Vitamin B3: 0.84mg (4.2%), Phosphorus: 40.17mg (4.02%), Vitamin A: 176.61IU (3.53%), Magnesium: 13.68mg (3.42%), Calcium: 30.01mg (3%), Folate: 11.59µg (2.9%), Copper: 0.05mg (2.69%), Iron: 0.46mg (2.54%), Vitamin B2: 0.03mg (2%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.16mg (1.61%)