



Warm Olives with Fennel and Orange

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil extravirgin
- 1 small fennel bulb cut into 1/4-inch-thick wedges
- 0.5 teaspoon fennel seeds
- 1 teaspoon rosemary fresh chopped
- 12 kalamata olives pitted
- 1.5 teaspoons orange rind grated
- 12 pimiento-stuffed olives

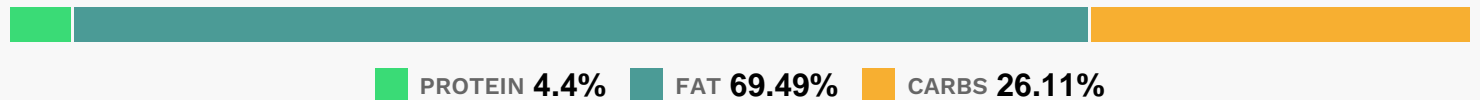
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add rind, rosemary, fennel seeds, and fennel wedges; cook 5 minutes, stirring frequently.
- Add olives; cook 1 minute.
- Remove from heat; stir in vinegar.
- Place fennel mixture in an 8-inch square baking dish. Cover and let stand at least 2 hours.
- Preheat oven to 25
- Uncover olive mixture.
- Bake at 250 for 10 minutes or until heated, stirring once.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:0.96, Inflammation Score:-2, Nutrition Score:3.4826086578162%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 59.35kcal (2.97%), Fat: 4.89g (7.52%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 2.27g (0.83%), Sugar: 2.02g (2.24%), Cholesterol: 0mg (0%), Sodium: 270.71mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Vitamin K: 26.12µg (24.88%), Vitamin E: 1.17mg (7.82%), Fiber: 1.86g (7.43%), Vitamin C: 5.4mg (6.54%), Potassium: 175.18mg (5.01%), Manganese: 0.09mg (4.45%), Calcium: 31.02mg (3.1%), Folate: 11.18µg (2.79%), Copper: 0.05mg (2.4%), Iron: 0.43mg (2.4%), Magnesium: 9.48mg

(2.37%), Vitamin A: 117.95IU (2.36%), Phosphorus: 21.57mg (2.16%), Vitamin B3: 0.3mg (1.51%), Vitamin B6: 0.03mg (1.25%)