



Warm Olives with Rosemary

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



6 min.

SERVINGS



3

CALORIES



270 kcal

SIDE DISH

Ingredients

- 4 ounces olives black
- 1 pinch pepper red crushed
- 0.3 teaspoon fennel seeds
- 4 ounces olives green
- 0.3 cup olive oil
- 1 sprig rosemary

Equipment

- frying pan

Directions

- Heat all ingredients in a skillet over medium. Saut, tossing until starting to brown (3 minutes).
- Serve warm or at room temperature.

Nutrition Facts

PROTEIN 1.15% **FAT 94.55%** **CARBS 4.3%**

Properties

Glycemic Index:23.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.7513043404273%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg

Nutrients (% of daily need)

Calories: 269.52kcal (13.48%), Fat: 29.6g (45.54%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 1180.41mg (51.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin E: 5.49mg (36.57%), Vitamin K: 11.93µg (11.36%), Fiber: 2.59g (10.35%), Vitamin A: 308.25IU (6.17%), Copper: 0.09mg (4.65%), Calcium: 42.02mg (4.2%), Iron: 0.52mg (2.88%), Magnesium: 9.08mg (2.27%), Vitamin B6: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.12%), Potassium: 35.72mg (1.02%)