



Warm Olives with Wild Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 savory sprigs fresh
- ☐ 0.3 cup olive oil extravirgin
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 0.8 cup niçoise olives
- ☐ 0.8 cup picholine olives
- ☐ 1 rosemary sprig fresh
- ☐ 2 thyme sprigs fresh

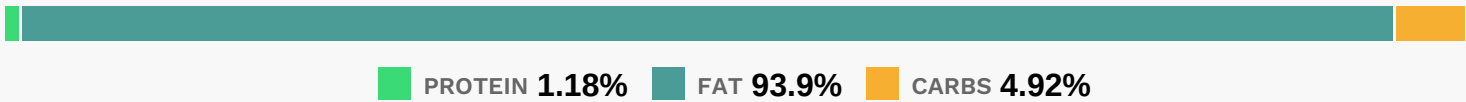
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Combine all ingredients in a small saucepan over medium-low heat. Cook 5 minutes or until warm.
- ☐ Place olive mixture in a medium bowl; let stand at room temperature at least 6 hours.
- ☐ Drain olives in a colander over a bowl; discard stems. Reserve oil for another use, if desired.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:1.2421739350842%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg

Nutrients (% of daily need)

Calories: 78.07kcal (3.9%), Fat: 8.52g (13.11%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 316.51mg (13.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin E: 1.56mg (10.39%), Vitamin K: 3.56µg (3.39%), Fiber: 0.82g (3.26%), Vitamin A: 109.71IU (2.19%), Calcium: 16.12mg (1.61%), Iron: 0.25mg (1.4%), Copper: 0.03mg (1.39%)