



Warm Rosemary Olives



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 5 sprigs rosemary fresh
- ☐ 6 cups olives mixed spanish such as niçoise, , picholine, and greek
- ☐ 2 teaspoons pepper flakes red

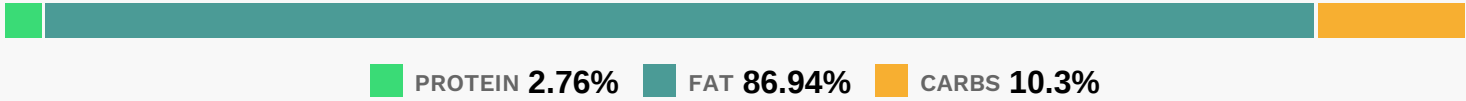
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Combine the olives, rosemary, and red pepper flakes in the center of 1 or 2 large sheets of aluminum foil. Fold the foil to enclose the olives in a pouch. (Recipe can made to this point 1 day ahead, Refrigerate.)
- ☐ Heat oven to 400 F.
- ☐ Bake for 30 minutes.
- ☐ Serve warm.
- ☐ Heating up olives with herbs and spices is an easy upgrade of a familiar party food, and it perfumes the house with a heady, exotic aroma.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:4.8256521859085%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg

Nutrients (% of daily need)

Calories: 197.74kcal (9.89%), Fat: 20.76g (31.93%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.78g (0.86%), Cholesterol: 0mg (0%), Sodium: 2116.96mg (92.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin E: 5.4mg (35.99%), Fiber: 4.7g (18.8%), Vitamin A: 730.65IU (14.61%), Copper: 0.17mg (8.45%), Calcium: 72.66mg (7.27%), Iron: 0.78mg (4.35%), Magnesium: 15.92mg (3.98%), Vitamin B6: 0.06mg (2.8%), Vitamin K: 2.59µg (2.47%), Potassium: 70.26mg (2.01%), Vitamin B1: 0.03mg (2%), Vitamin B3: 0.4mg (1.99%), Selenium: 1.35µg (1.93%), Folate: 4.33µg (1.08%)