



WHATSheATE



Wine Country Sun-Dried Tomato and Olive Tapenade



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



118 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 slices round buttery crackers gluten-free toasted (, if needed)
- ☐ 0.3 cup lightly basil fresh packed
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 cloves garlic minced
- ☐ 6 ounce california olives black ripe drained well canned
- ☐ 6 ounce california olives green ripe drained well canned
- ☐ 8 servings sea salt and pepper freshly ground to taste

- ☐ 0.5 cup shallots chopped
- ☐ 0.3 cup sun-dried tomatoes smoked chopped
- ☐ 2 tablespoons balsamic vinegar white

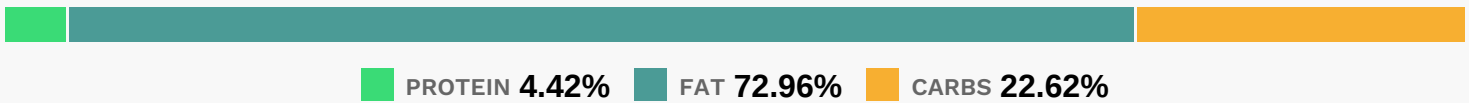
Equipment

- ☐ food processor

Directions

- ☐ Place shallots, sun-dried tomatoes, olive oil, vinegar and garlic in a food processor and pulse on and off until finely chopped.
- ☐ Add olives and basil, and pulse again until chopped.Stir in salt and pepper, to taste.Cover and chill for at least 1 hour.
- ☐ Serve with crackers or toasted baguette slices.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.47, Inflammation Score:-3, Nutrition Score:3.8182608770288%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.51kcal (5.88%), Fat: 10.15g (15.62%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 4.75g (1.73%), Sugar: 3.29g (3.66%), Cholesterol: 0mg (0%), Sodium: 864.94mg (37.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Vitamin E: 2.14mg (14.25%), Fiber: 2.33g (9.32%), Vitamin K: 7.42µg (7.07%), Manganese: 0.13mg (6.68%), Copper: 0.12mg (5.96%), Potassium: 194.93mg (5.57%), Vitamin A: 237.39IU (4.75%), Iron: 0.78mg (4.36%), Vitamin B6: 0.09mg (4.3%), Magnesium: 15.6mg (3.9%), Calcium: 35.28mg (3.53%), Vitamin C: 2.9mg (3.51%), Phosphorus: 25.14mg (2.51%), Vitamin B1: 0.04mg (2.51%), Folate: 9.17µg (2.29%), Vitamin B3: 0.45mg (2.27%), Vitamin B2: 0.02mg (1.42%), Vitamin B5: 0.13mg (1.3%), Selenium: 0.86µg (1.23%), Zinc: 0.16mg (1.09%)