



## Zesty Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



32

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

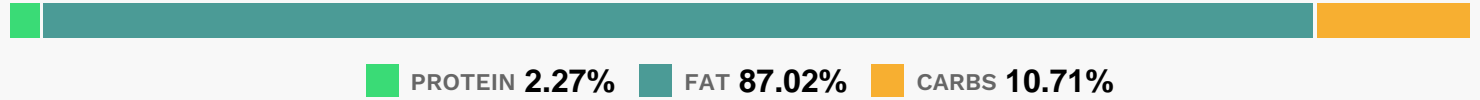
- 1 teaspoon pepper red crushed
- 2 garlic cloves minced
- 1.5 tablespoons olive oil extra-virgin
- 2 cups olives assorted
- 8 teaspoons orange zest

## Equipment

## Directions

- Combine all ingredients; let stand at room temperature 30 minutes.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:0.94, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.45304347801468%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

## Nutrients (% of daily need)

Calories: 18.98kcal (0.95%), Fat: 1.96g (3.01%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 132.71mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.23%), Vitamin E: 0.44mg (2.94%), Fiber: 0.36g (1.43%), Vitamin A: 53.81IU (1.08%)