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Sliced Ripe Olives ♦♦

A recipe featuring sliced ripe olives, perfect for adding flavor to various dishes. Sliced ripe olives are commonly used in salads, pizzas, and pasta dishes. They have a rich, briny taste that adds depth to any recipe.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g sliced ripe olives

Directions

Step 1

Open the can of sliced ripe olives.

Prep Time: 0 mins

Cook Time: 0 mins

Step 2

Drain the sliced ripe olives.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Use the sliced ripe olives in your desired recipe.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 115 kcal

Fat: 10 g

Protein: 1 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	300 iu	33.33%	42.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	30 mg	3%	3%
Iron	1 mg	12.5%	5.56%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Christmas

Demographics

Teen Friendly

Diet

Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet
Low Glycemic Index Diet The Fast Metabolism Diet Nutrient Timing Diet
The 80/10/10 Diet The Hollywood Diet The F-Plan Diet The Dr. Sebi Diet

Meal Type

Snack Supper

Difficulty Level

Easy

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