

Garlic Rosemary Olive Sauce

*Our Best Recipes
Meredith Corporation*

*1 1/2 cups pitted, mixed olives
5 cloves garlic, peeled and halved
3 tablespoons olive oil
3 sprigs fresh rosemary
3 sprigs fresh thyme
Kosher salt
black pepper
1/4 teaspoon Aleppo pepper*

Roast:

In a large skillet, warm the olives, garlic, olive oil, fresh rosemary and fresh thyme over medium heat until warmed through, swirling occasionally to avoid browning the garlic. Season with Kosher salt, black pepper and Aleppo pepper. Cook for 1 minute more.

Per Serving (excluding unknown items): 389 Calories; 41g Fat (92.2% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 8 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	389	Vitamin B6 (mg):	.1mg
% Calories from Fat:	92.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	6.6%	Thiamin B1 (mg):	0mg
% Calories from Protein:	1.2%	Riboflavin B2 (mg):	0mg
Total Fat (g):	41g	Folacin (mcg):	7mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	30g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	4mg	Vegetable:	1
Potassium (mg):	109mg	Fruit:	0
Calcium (mg):	53mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	8

Zinc (mg): trace
Vitamin C (mg): 10mg
Vitamin A (i.u.): 263IU
Vitamin A (r.e.): 26 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	389	Calories from Fat: 359
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% Daily Values*

Total Fat	41g	63%
Saturated Fat	6g	28%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	5%
Protein	1g	

Vitamin A	5%
Vitamin C	16%
Calcium	5%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.