

Orange-Green Olive Relish

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Servings: 8

1 orange, sectioned
1/2 cup green olives, chopped and pitted
1/4 cup extra-virgin olive oil
1/4 cup fresh parsley, chopped
1 tablespoon cracked coriander seeds

In a small bowl, combine all of the ingredients.

Classic Moroccan Flavors - a little exotic, a lot easy.

Per Serving (excluding unknown items): 18 Calories; 1g Fat (42.2% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 75mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	18
% Calories from Fat:	42.2%
% Calories from Carbohydrates:	52.3%
% Calories from Protein:	5.5%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	75mg
Potassium (mg):	41mg
Calcium (mg):	17mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	11mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Vitamin A (i.u.): 165IU
Vitamin A (r.e.): 16 1/2RE

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	18	Calories from Fat: 8
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	3%
Protein	trace	

Vitamin A	3%
Vitamin C	19%
Calcium	2%
Iron	2%

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