

# Muffuletta Olive Relish

50 Burger Toppings  
Food Network Magazine

1/2 cup pitted green olives, drained  
1/2 cup pitted black olives, drained  
1/2 cup spicy giardiniera, drained  
1 tablespoon olive oil  
1 tablespoon red wine vinegar  
1 tablespoon fresh parsley  
1 tablespoon capers  
1 clove garlic, minced  
1 scallion, sliced  
1 teaspoon dried oregano  
salt (to taste)  
1 tablespoon olive oil

In a food processor, pulse the green olives, black olives, giardiniera, olive oil, vinegar, parsley, capers, garlic, scallion and oregano until chunky.

Season with salt.

Thin with more olive oil.

*Can be used as a hamburger topping.*

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Per Serving (excluding unknown items): 413 Calories; 41g Fat (86.8% calories from fat); 2g Protein; 12g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1263mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 8 Fat; 0 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	413
% Calories from Fat:	86.8%
% Calories from Carbohydrates:	11.6%
% Calories from Protein:	1.5%
Total Fat (g):	41g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	30g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	12g
Dietary Fiber (g):	6g
Protein (g):	2g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	20mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 1263mg  
**Potassium (mg):** 128mg  
**Calcium (mg):** 165mg  
**Iron (mg):** 6mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 10mg  
**Vitamin A (i.u.):** 902IU  
**Vitamin A (r.e.):** 90RE

**Vegetable:** 1/2  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 8  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 413 Calories from Fat: 358

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### % Daily Values\*

<b>Total Fat</b>	41g	64%
Saturated Fat	6g	28%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1263mg	53%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	6g	22%
<b>Protein</b>	2g	
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<b>Vitamin A</b>		18%
<b>Vitamin C</b>		17%
<b>Calcium</b>		17%
<b>Iron</b>		31%

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