

# Fig and Olive Tapenade

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-fig-pickle-recipe>

## Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar high-quality
- 2 1/2 teaspoons honey
- 1 pinch salt
- 1/2 teaspoon ground black pepper freshly
- 4 figs large dried Calamyrna, finely diced
- 1 tablespoon capers rinsed, drained, and finely chopped
- 1/4 cup black olives pitted green and, such as nicoise, picholine, or kalamata
- 1 teaspoon chopped fresh thyme

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 29 grams
3. Fat: 15 grams
4. Fiber: 4 grams
5. Protein: 1 grams
6. SaturatedFat: 2 grams
7. Sodium: 430 milligrams
8. Sugar: 24 grams

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