

# Tapenade

Yield: 1 min  
Total Time: 85 min

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

## Ingredients:

- 1/2 cup figs about 3 ounces, 90 gr stemmed and quartered dried black, use dried Black Mission figs, if available
- 3/4 cup water
- 1 cup black olives ; Niçoise, Nyons, or Greek, rinsed and pitted
- 1 1/2 tablespoons lemon juice
- 2 teaspoons whole grain mustard
- 1 garlic clove small, peeled
- 1/2 tablespoon capers rinsed, drained and squeezed dry
- 1 teaspoon fresh rosemary finely chopped, or thyme
- 1/2 cup extra-virgin olive oil
- salt
- black pepper

## Nutrition:

1. Calories: 1240 calories
2. Carbohydrate: 40 grams
3. Fat: 124 grams
4. Fiber: 11 grams
5. Protein: 4 grams
6. SaturatedFat: 17 grams
7. Sodium: 2210 milligrams
8. Sugar: 19 grams

---

Thank you for visiting our website. Hope you enjoy Tapenade above. You can see more 18 indian figs pickle recipe Savor the mouthwatering goodness! to get more great cooking ideas.