



Bacon-and-Olive Canapés

READY IN



40 min.

SERVINGS



1

CALORIES



2367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaves basil celery sliced
- ☐ 6 slices bacon crumbled cooked
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup olives green chopped
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 teaspoon pepper
- ☐ 1 serving salt to taste
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 18 slices sandwich bread white

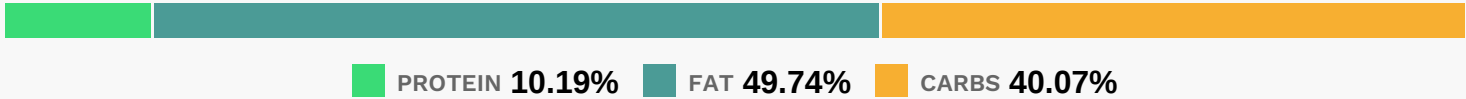
Equipment

☐ food processor

Directions

- ☐ Pulse first 3 ingredients in a food processor until smooth.
- ☐ Add olives and next 3 ingredients; process until finely chopped.
- ☐ Spread 1 Tbsp. cream cheese mixture onto each bread slice. Top with sliced grape tomatoes and hard-cooked eggs, or basil leaves, celery, and radishes, pressing lightly. Trim crusts from bread.
- ☐ Cut each bread slice into 4 squares or 2 rectangles.

Nutrition Facts



Properties

Glycemic Index:221.78, Glycemic Load:161.35, Inflammation Score:-10, Nutrition Score:56.087391306525%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 2367.44kcal (118.37%), Fat: 131.4g (202.16%), Saturated Fat: 57.44g (359.02%), Carbohydrates: 238.14g (79.38%), Net Carbohydrates: 225.42g (81.97%), Sugar: 33.93g (37.7%), Cholesterol: 263.56mg (87.85%), Sodium: 4470.82mg (194.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.57g (121.13%), Selenium: 126.07µg (180.1%), Vitamin B1: 2.36mg (157.09%), Manganese: 2.76mg (137.95%), Folate: 525.01µg (131.25%), Calcium: 1233.51mg (123.35%), Vitamin B3: 21.82mg (109.1%), Vitamin B2: 1.65mg (97.24%), Iron: 15.83mg (87.94%), Phosphorus: 779.02mg (77.9%), Vitamin A: 3494.43IU (69.89%), Vitamin K: 53.51µg (50.96%), Fiber: 12.72g (50.86%), Vitamin E: 6.53mg (43.55%), Vitamin B5: 3.86mg (38.57%), Magnesium: 152.99mg (38.25%), Zinc: 5.25mg (35%), Copper: 0.7mg (34.84%), Vitamin B6: 0.58mg (28.81%), Potassium: 898.88mg (25.68%), Vitamin B12: 0.58µg (9.72%)