



Bacon-Olive Cream Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

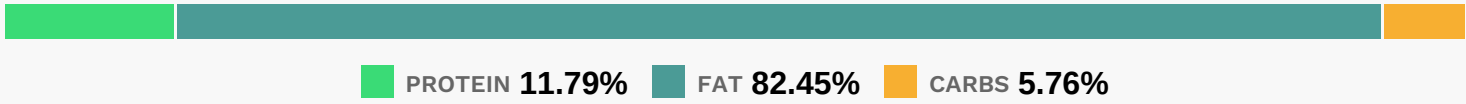
- ☐ 8 bacon crumbled cooked
- ☐ 8 ounce cream cheese softened
- ☐ 4 tablespoons chives fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 24 pimiento-stuffed olives chopped

Equipment

Directions

- ☐ Combine all ingredients.
- ☐ To make ahead: Cover and chill for up to 3 days. For easier spreading, let stand 30 minutes or until softened.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:4.3126086838867%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 206.23kcal (10.31%), Fat: 19.21g (29.56%), Saturated Fat: 9.24g (57.78%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.55g (1.72%), Cholesterol: 48.74mg (16.25%), Sodium: 547.57mg (23.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Vitamin A: 661.99IU (13.24%), Selenium: 8.82µg (12.61%), Phosphorus: 83.76mg (8.38%), Vitamin B2: 0.12mg (6.78%), Vitamin E: 0.98mg (6.56%), Vitamin B3: 1.21mg (6.03%), Vitamin K: 5.41µg (5.16%), Vitamin B1: 0.07mg (4.9%), Calcium: 48.37mg (4.84%), Vitamin B6: 0.09mg (4.31%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.35mg (3.46%), Potassium: 116.87mg (3.34%), Vitamin B12: 0.2µg (3.32%), Fiber: 0.6g (2.4%), Magnesium: 9.45mg (2.36%), Copper: 0.04mg (2.07%), Folate: 6µg (1.5%), Iron: 0.26mg (1.45%), Vitamin C: 1.16mg (1.41%), Manganese: 0.02mg (1.23%)