



Bloody Mary Cocktail Spread

READY IN



25 min.

SERVINGS



36

CALORIES



33 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 2 tablespoons milk
- ☐ 0.8 cup chili sauce
- ☐ 1.5 teaspoons hot sauce red
- ☐ 0.5 teaspoon celery salt
- ☐ 0.5 teaspoon sugar
- ☐ 0.7 cup celery finely chopped
- ☐ 0.5 cup olives ripe sliced chopped
- ☐ 0.5 cup dill pickles finely chopped

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1 serving round buttery crackers assorted

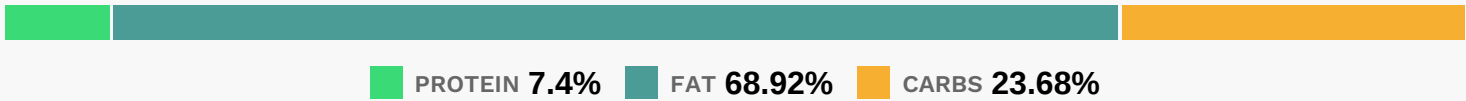
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In medium bowl, beat cream cheese and milk with electric mixer on medium speed until smooth.
- ☐ Spread on 10-inch round serving plate.
- ☐ In small bowl, mix chili sauce, pepper sauce, celery salt and sugar.
- ☐ Pour over cream cheese mixture to within 1/2 inch of edge. Top with rows of celery, olives and pickles.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4.64, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.88217391640596%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 33.42kcal (1.67%), Fat: 2.61g (4.02%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.76g (0.64%), Sugar: 1.19g (1.32%), Cholesterol: 6.46mg (2.15%), Sodium: 183.73mg (7.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin A: 144.3IU (2.89%), Vitamin E: 0.26mg (1.72%), Vitamin K: 1.56µg (1.49%), Vitamin B2: 0.02mg (1.37%), Vitamin C: 1.13mg (1.37%), Phosphorus: 12.61mg (1.26%), Calcium: 11.79mg (1.18%), Potassium: 39.26mg (1.12%), Fiber: 0.26g (1.04%)