



Bloody Mary Cocktail Spread

READY IN



25 min.

SERVINGS



36

CALORIES



110 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

☐ 0.5 teaspoon sugar

Equipment

☐ bowl

☐ hand mixer

Directions

☐ In medium bowl, beat cream cheese and milk with electric mixer on medium speed until smooth.

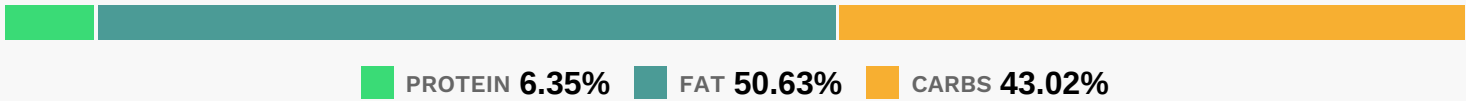
☐ Spread on 10-inch round serving plate.

☐ 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:-2, Nutrition Score:2.8682608810132%

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: 109.95kcal (5.5%), Fat: 6.22g (9.58%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 11.28g (4.1%), Sugar: 2.45g (2.73%), Cholesterol: 6.46mg (2.15%), Sodium: 320.93mg (13.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Vitamin K: 9.34µg (8.9%), Phosphorus: 55.08mg (5.51%), Vitamin E: 0.8mg (5.34%), Vitamin B1: 0.08mg (5.3%), Manganese: 0.09mg (4.51%), Vitamin B3: 0.89mg (4.46%), Iron: 0.79mg (4.37%), Vitamin B2: 0.06mg (3.79%), Calcium: 35.74mg (3.57%), Folate: 13.5µg (3.37%), Vitamin A: 144.3IU (2.89%), Fiber: 0.62g (2.47%), Selenium: 1.38µg (1.97%), Potassium: 57.77mg (1.65%), Copper: 0.03mg (1.59%), Vitamin C: 1.13mg (1.37%), Vitamin B6: 0.03mg (1.28%), Magnesium: 4.95mg (1.24%), Vitamin B5: 0.1mg (1.04%)