



 4%
HEALTH SCORE

Blue Moon Inn Cheese Spread

READY IN



20 min.

SERVINGS



8

CALORIES



461 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup chili sauce
- 8 servings round buttery crackers assorted
- 0.8 cup mayonnaise
- 0.5 cup pecans
- 0.5 cup pimiento stuffed olives spanish chopped
- 8 servings pimiento stuffed olives spanish sliced
- 10 oz sharp cheddar cheese shredded finely
- 1 teaspoon worcestershire sauce

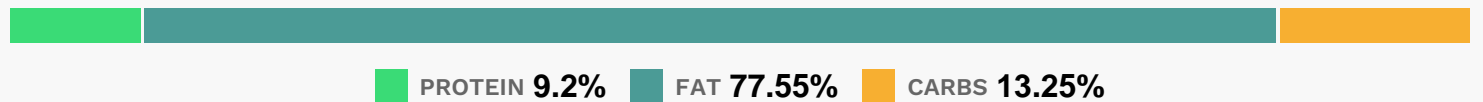
Equipment

- frying pan
- oven

Directions

- Preheat oven to 35
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant. Cool 5 minutes; finely chop pecans.
- Stir together mayonnaise and next 3 ingredients until well blended. Stir in cheese and pecans.
- Garnish, if desired.
- Serve with vegetables and crackers.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:11.235217405402%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 461.14kcal (23.06%), Fat: 40.31g (62.02%), Saturated Fat: 11.1g (69.36%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 13.32g (4.84%), Sugar: 3.53g (3.92%), Cholesterol: 44.26mg (14.75%), Sodium: 1112.03mg (48.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Vitamin K: 44.29µg (42.18%), Calcium: 299.06mg (29.91%), Phosphorus: 235.03mg (23.5%), Vitamin E: 2.9mg (19.35%), Manganese: 0.37mg (18.49%), Selenium: 11.87µg (16.95%), Vitamin B2: 0.22mg (13.04%), Zinc: 1.74mg (11.61%), Vitamin A: 561.89IU (11.24%), Vitamin B1: 0.14mg (9.38%), Fiber: 2.17g (8.69%), Copper: 0.16mg (8.01%), Iron: 1.24mg (6.9%), Vitamin B12: 0.4µg (6.68%), Magnesium: 24.9mg (6.22%), Folate: 23.31µg (5.83%), Vitamin B3: 1.13mg (5.63%), Potassium: 135.93mg (3.88%),

Vitamin B6: 0.08mg (3.79%), Vitamin B5: 0.3mg (3.02%), Vitamin C: 1.99mg (2.41%), Vitamin D: 0.25µg (1.7%)