



Cream Cheese-and-Olive Pecan Bites

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



40

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

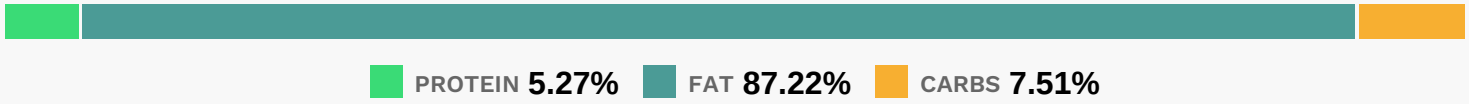
- ☐ 3 ounces cream cheese softened
- ☐ 1 tablespoon chives fresh chopped
- ☐ 80 large pecans toasted
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup pimiento stuffed olives spanish finely chopped

Equipment

Directions

- ☐ Stir together cream cheese, olives, chives, and pepper.
- ☐ Spread onto 40 large toasted pecan halves; top with 40 large toasted pecan halves, forming sandwiches.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.84304346921651%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 29.29kcal (1.46%), Fat: 3.01g (4.63%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.2g (0.22%), Cholesterol: 2.15mg (0.72%), Sodium: 33.01mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Manganese: 0.13mg (6.41%), Copper: 0.04mg (1.81%), Fiber: 0.33g (1.32%), Vitamin B1: 0.02mg (1.29%), Phosphorus: 10.16mg (1.02%)