



Cream Cheese-Olive Spread



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



137 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 tablespoon mayonnaise
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup pimiento stuffed olives spanish finely chopped

Equipment

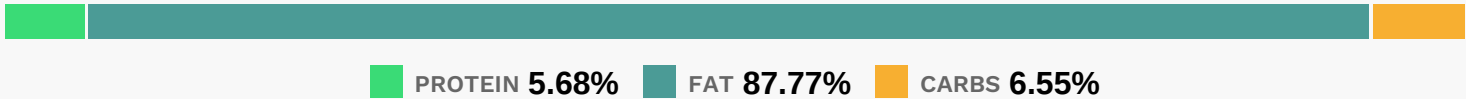
- ☐ frying pan
- ☐ oven

☐ plastic wrap

Directions

- ☐ Stir together cream cheese, Spanish olives, and 1 Tbsp. mayonnaise. Shape cream cheese mixture into 2 (6-inch) logs; wrap in plastic wrap, and chill at least 30 minutes, or store in the refrigerator in an airtight container up to 2 days.
- ☐ Place pecans in a single layer in a shallow pan.
- ☐ Bake pecans at 350 for 8 minutes or until lightly toasted, stirring occasionally.
- ☐ Let cool 30 minutes or until completely cool.
- ☐ Roll cream cheese log in chopped chives and toasted pecans just before serving.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:2.9186956527764%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 136.65kcal (6.83%), Fat: 13.81g (21.25%), Saturated Fat: 5.22g (32.63%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.55g (0.56%), Sugar: 1.13g (1.26%), Cholesterol: 23.49mg (7.83%), Sodium: 185.43mg (8.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Manganese: 0.25mg (12.58%), Vitamin A: 378.61IU (7.57%), Vitamin K: 5.17µg (4.93%), Phosphorus: 40.51mg (4.05%), Copper: 0.08mg (3.97%), Vitamin E: 0.58mg (3.84%), Vitamin B2: 0.06mg (3.6%), Selenium: 2.26µg (3.23%), Fiber: 0.77g (3.08%), Calcium: 30.36mg (3.04%), Vitamin B1: 0.04mg (2.9%), Zinc: 0.37mg (2.47%), Magnesium: 9.81mg (2.45%), Vitamin B5: 0.18mg (1.84%), Potassium: 58.36mg (1.67%), Vitamin B6: 0.03mg (1.39%), Iron: 0.21mg (1.19%), Folate: 4.56µg (1.14%)