



Cream Cheese Penguins



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



18

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 small olives black
- ☐ 1 carrots
- ☐ 8 ounce cream cheese softened
- ☐ 18 jumbo olives black pitted

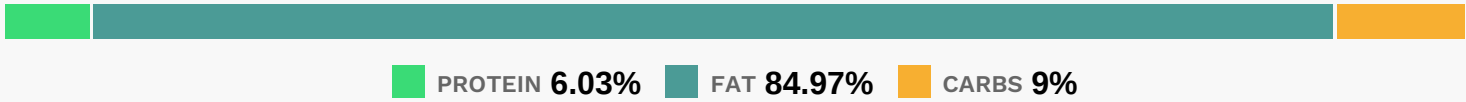
Equipment

- ☐ toothpicks

Directions

- ☐
- Cut a slit from top to bottom, lengthwise, into the side of each jumbo olive. Carefully insert about 1 teaspoon of cream cheese into each olive. Slice the carrot into eighteen 1/4 inch thick rounds; cut a small notch out of each carrot slice to form feet. Save the cut out piece and press into center of small olive to form the beak. If necessary cut a small slit into each olive before inserting the beak.
- ☐
- Set a big olive, large hole side down, onto a carrot slice. Then, set a small olive onto the large olive, adjusting so that the beak, cream cheese chest and notch in the carrot slice line up. Secure with a toothpick.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:1.4804347928451%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 57.09kcal (2.85%), Fat: 5.57g (8.56%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.68g (0.75%), Cholesterol: 12.73mg (4.24%), Sodium: 166.7mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin A: 766.8IU (15.34%), Vitamin E: 0.44mg (2.9%), Vitamin B2: 0.03mg (1.85%), Calcium: 17.5mg (1.75%), Selenium: 1.16µg (1.66%), Phosphorus: 14.99mg (1.5%), Fiber: 0.36g (1.44%)