



Cream Cheese Pickles

 Gluten Free

READY IN



480 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce cream cheese softened
- ☐ 8 kosher dill pickles dry
- ☐ 2.5 ounces thin- beef luncheon meat

Equipment

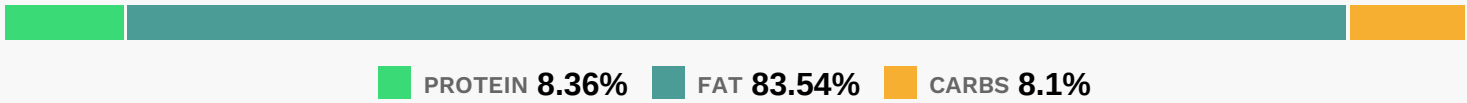
Directions

☐

Spread or pat cream cheese around each pickle. Wrap 2 sheets of meat around each pickle.

Refrigerate pickles overnight, slice before serving.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:4.8517391565053%

Nutrients (% of daily need)

Calories: 234.15kcal (11.71%), Fat: 22.14g (34.06%), Saturated Fat: 12.39g (77.43%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 4.18g (1.52%), Sugar: 2.96g (3.29%), Cholesterol: 63.56mg (21.19%), Sodium: 828.15mg (36.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin A: 880.42IU (17.61%), Vitamin K: 12.11µg (11.53%), Vitamin B2: 0.18mg (10.77%), Selenium: 6.9µg (9.86%), Calcium: 90.1mg (9.01%), Phosphorus: 84.45mg (8.44%), Potassium: 183.88mg (5.25%), Vitamin B1: 0.07mg (4.78%), Vitamin E: 0.6mg (4.02%), Vitamin B6: 0.07mg (3.66%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.5mg (3.31%), Vitamin B12: 0.16µg (2.74%), Magnesium: 10.89mg (2.72%), Folate: 10.57µg (2.64%), Fiber: 0.65g (2.6%), Vitamin B3: 0.44mg (2.18%), Manganese: 0.04mg (1.84%), Vitamin C: 1.37mg (1.65%), Copper: 0.03mg (1.58%), Iron: 0.27mg (1.49%)