

Creamy Olive Dip

 Vegetarian  Gluten Free

READY IN



250 min.

SERVINGS



4

CALORIES



1065 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce olives black drained sliced canned
- 1 tablespoon dill weed dried
- 1 tablespoon onion dried minced
- 1 tablespoon parsley dried
- 16 ounce mayonnaise
- 2 teaspoons lawry's seasoned salt
- 16 ounce cup heavy whipping cream sour

Equipment

- bowl
- plastic wrap

Directions

- Mix mayonnaise, sour cream, olives, parsley, dill, minced onion, and seasoned salt together in a bowl; cover with plastic wrap and refrigerate 4 hours to overnight.

Nutrition Facts

PROTEIN 1.74% **FAT 94.82%** **CARBS 3.44%**

Properties

Glycemic Index:12.5, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:12.386521712593%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg

Nutrients (% of daily need)

Calories: 1065.02kcal (53.25%), Fat: 113.39g (174.45%), Saturated Fat: 25.59g (159.96%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.49g (2.72%), Sugar: 5.25g (5.83%), Cholesterol: 114.53mg (38.18%), Sodium: 2585.43mg (112.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin K: 193.98µg (184.74%), Vitamin E: 5.82mg (38.78%), Vitamin A: 1001.09IU (20.02%), Calcium: 168.73mg (16.87%), Vitamin B2: 0.23mg (13.55%), Phosphorus: 121.74mg (12.17%), Selenium: 7.32µg (10.46%), Fiber: 1.75g (7.02%), Potassium: 241.03mg (6.89%), Vitamin B12: 0.37µg (6.24%), Vitamin B5: 0.61mg (6.08%), Manganese: 0.12mg (5.97%), Magnesium: 23.71mg (5.93%), Iron: 1.03mg (5.73%), Copper: 0.11mg (5.33%), Vitamin B6: 0.11mg (5.3%), Zinc: 0.64mg (4.27%), Folate: 16.72µg (4.18%), Vitamin C: 2.96mg (3.59%), Vitamin B1: 0.05mg (3.55%), Vitamin D: 0.23µg (1.51%), Vitamin B3: 0.29mg (1.45%)