



Creamy Olive Spread

READY IN



10 min.

SERVINGS



10

CALORIES



340 kcal

CONDIMENT

DIP

SPREAD

Ingredients

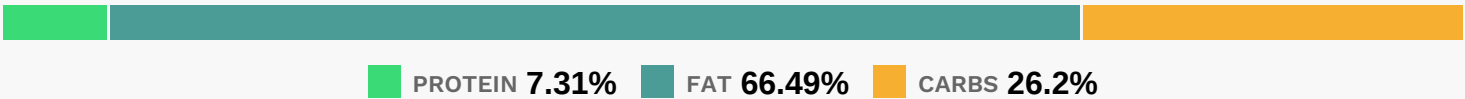
- ☐ 4.3 ounce olives black chopped canned
- ☐ 16 ounce cream cheese softened
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup pimiento-stuffed olives chopped
- ☐ 10 servings pita chips

Equipment

Directions

- ☐ Stir together first 6 ingredients and, if desired, salt.
- ☐ Serve with crackers.
- ☐ Note: To make ahead, place spread in an airtight container, and chill for up to 1 week or freeze for up to 2 weeks. Thaw in refrigerator.
- ☐ Let stand at room temperature 30 minutes, and stir before serving.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:7.2443479299545%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 339.83kcal (16.99%), Fat: 25.54g (39.3%), Saturated Fat: 10.31g (64.42%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 20.96g (7.62%), Sugar: 3.22g (3.58%), Cholesterol: 45.81mg (15.27%), Sodium: 674.94mg (29.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.63%), Vitamin E: 3.45mg (23.03%), Selenium: 13.38µg (19.12%), Vitamin A: 683.26IU (13.67%), Vitamin B1: 0.17mg (11.5%), Vitamin B2: 0.19mg (11.32%), Folate: 43.06µg (10.76%), Vitamin B3: 2.06mg (10.31%), Manganese: 0.19mg (9.7%), Phosphorus: 84.71mg (8.47%), Iron: 1.45mg (8.06%), Fiber: 1.7g (6.8%), Calcium: 59.28mg (5.93%), Magnesium: 16.77mg (4.19%), Vitamin B5: 0.41mg (4.09%), Copper: 0.07mg (3.58%), Zinc: 0.51mg (3.39%), Vitamin B6: 0.07mg (3.34%), Potassium: 108.21mg (3.09%), Vitamin K: 3.24µg (3.09%), Vitamin B12: 0.1µg (1.66%), Vitamin C: 1.25mg (1.52%)