

Dirty Martini Cheese Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



181 kcal

CONDIMENT

DIP

SPREAD

Ingredients

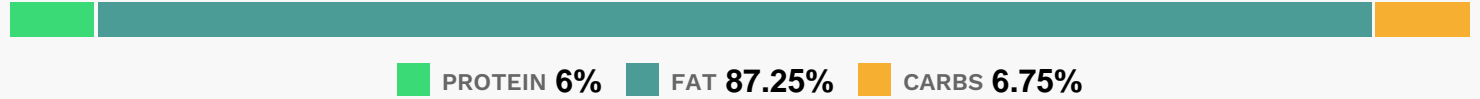
- 8 ounce cream cheese softened
- 0.3 cup olive green pitted chopped
- 0.3 teaspoon pepper black
- 1 tablespoon mayonnaise
- 2 tablespoons juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- 0.3 cup vodka

Equipment

Directions

- Stir together the cream cheese, mayonnaise, and chopped olives until evenly blended. Stir in the olive juice, vodka, and pepper. Refrigerate at least 2 hours before serving.
- Serve in a martini glass.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:2.2169565317909%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 181.03kcal (9.05%), Fat: 15.61g (24.02%), Saturated Fat: 8.02g (50.15%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.47g (1.63%), Cholesterol: 39.16mg (13.05%), Sodium: 295.31mg (12.84%), Alcohol: 3.34g (100%), Alcohol %: 6.97% (100%), Protein: 2.41g (4.83%), Vitamin A: 531.72IU (10.63%), Vitamin B2: 0.09mg (5.21%), Selenium: 3.36µg (4.8%), Vitamin K: 4.81µg (4.58%), Phosphorus: 41.79mg (4.18%), Vitamin E: 0.62mg (4.11%), Calcium: 40.15mg (4.01%), Vitamin B5: 0.22mg (2.22%), Potassium: 53.93mg (1.54%), Vitamin B12: 0.09µg (1.43%), Zinc: 0.2mg (1.3%), Vitamin B6: 0.02mg (1.17%), Magnesium: 4.19mg (1.05%)