



Easy Olive Spread

READY IN



65 min.

SERVINGS



5

CALORIES



204 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese spread
- 0.3 cup pimento-stuffed olives green chopped
- 5 servings ritz crackers

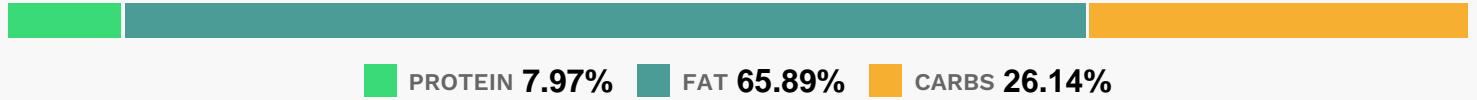
Equipment

Directions

- Mix cream cheese spread and olives; cover.
- Refrigerate 1 hour.

Serve as a spread with the crackers.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.941304370113%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 204.26kcal (10.21%), Fat: 14.92g (22.95%), Saturated Fat: 7.37g (46.08%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 12.65g (4.6%), Sugar: 2.76g (3.06%), Cholesterol: 28.12mg (9.37%), Sodium: 491.99mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin A: 466.28IU (9.33%), Calcium: 83.75mg (8.38%), Vitamin K: 8.13µg (7.74%), Vitamin E: 0.9mg (6.01%), Vitamin B1: 0.07mg (4.84%), Phosphorus: 44.04mg (4.4%), Manganese: 0.09mg (4.32%), Iron: 0.76mg (4.22%), Vitamin B3: 0.8mg (4.01%), Folate: 11.79µg (2.95%), Fiber: 0.67g (2.66%), Vitamin B2: 0.04mg (2.53%), Copper: 0.03mg (1.53%), Selenium: 0.82µg (1.17%), Magnesium: 4.03mg (1.01%)