



Feta-and-Apple Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



344 kcal

CONDIMENT

DIP

SPREAD

Ingredients

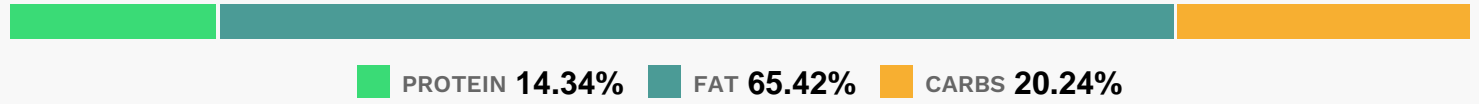
- 1 medium carrots shredded
- 8 ounce feta cheese crumbled
- 1 tablespoon parsley fresh chopped
- 1 medium apples i use 2 granny smith apples diced
- 0.3 cup kalamata olives pitted ripe chopped
- 4 ounce pimientos diced drained
- 0.5 cup cup heavy whipping cream sour

Equipment

Directions

- Stir together all ingredients. Chill, if desired.
- Prep: 7 min
- NOTE: For convenient sandwiches, serve spread in quartered pita rounds.

Nutrition Facts



Properties

Glycemic Index:60.94, Glycemic Load:4.33, Inflammation Score:-10, Nutrition Score:20.935217235399%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 343.5kcal (17.17%), Fat: 25.71g (39.56%), Saturated Fat: 14.2g (88.75%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 14.59g (5.31%), Sugar: 9.91g (11.01%), Cholesterol: 89.9mg (29.97%), Sodium: 1071.02mg (46.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.37%), Vitamin A: 5147.6IU (102.95%), Vitamin C: 45.42mg (55.05%), Vitamin B2: 0.76mg (44.69%), Calcium: 432.1mg (43.21%), Phosphorus: 306.85mg (30.69%), Vitamin K: 31.83µg (30.32%), Vitamin B6: 0.49mg (24.66%), Vitamin B12: 1.36µg (22.64%), Selenium: 12.96µg (18.51%), Zinc: 2.48mg (16.55%), Fiber: 3.31g (13.24%), Vitamin B1: 0.16mg (10.62%), Vitamin B5: 0.96mg (9.64%), Folate: 37.19µg (9.3%), Potassium: 309.83mg (8.85%), Iron: 1.57mg (8.71%), Vitamin E: 1.28mg (8.54%), Magnesium: 28.22mg (7.06%), Vitamin B3: 1.37mg (6.84%), Manganese: 0.11mg (5.63%), Copper: 0.09mg (4.74%), Vitamin D: 0.3µg (2.02%)