



## Graduation Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



15

CALORIES



83 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 6 ounce olives black pitted chopped canned
- 6 ounce cream cheese softened
- 3 tablespoons parsley fresh chopped
- 5 ounce olives green pitted
- 0.5 teaspoon pepper flakes red crushed
- 15 servings salt and pepper to taste
- 4 tablespoons sesame seed

## Equipment

bowl

whisk

## Directions

In a medium size bowl, whip softened cream cheese with a whisk.

Mix in olives, parsley, and red pepper flakes. Season to taste with salt and pepper. Spoon mixture into a serving bowl, and top with sesame seeds.

## Nutrition Facts

 **PROTEIN 6.1%**  **FAT 84.64%**  **CARBS 9.26%**

## Properties

Glycemic Index:6.27, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:2.877826059642%

## Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

## Nutrients (% of daily need)

Calories: 82.53kcal (4.13%), Fat: 8.16g (12.55%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.56g (0.62%), Cholesterol: 11.45mg (3.82%), Sodium: 555.49mg (24.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin K: 13.72µg (13.07%), Vitamin A: 321.35IU (6.43%), Vitamin E: 0.93mg (6.18%), Copper: 0.12mg (5.8%), Calcium: 44.05mg (4.41%), Fiber: 0.99g (3.95%), Manganese: 0.06mg (2.83%), Magnesium: 11.3mg (2.82%), Selenium: 1.91µg (2.73%), Iron: 0.49mg (2.71%), Phosphorus: 27.05mg (2.7%), Vitamin B2: 0.03mg (2.01%), Vitamin B1: 0.02mg (1.65%), Zinc: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.59%), Vitamin C: 1.06mg (1.29%), Folate: 4.95µg (1.24%), Potassium: 39.46mg (1.13%)