



Kalamata-Herb Cream Cheese

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



10

CALORIES



11 kcal

SIDE DISH

Ingredients

- 2 teaspoons basil fresh minced
- 0.3 cup parsley fresh finely chopped
- 1 small garlic clove minced
- 0.5 cup kalamata olives pitted finely chopped (16)
- 1 teaspoon oregano fresh minced

Equipment

- bowl

Directions

Combine all ingredients in a bowl, stirring until blended. Cover and chill until ready to serve.

Nutrition Facts

 **PROTEIN 4.87%**  **FAT 76.14%**  **CARBS 18.99%**

Properties

Glycemic Index:13.7, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:1.7852174315764%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 11.31kcal (0.57%), Fat: 1.05g (1.62%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 106.24mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin K: 26.03µg (24.79%), Vitamin A: 157.37IU (3.15%), Vitamin C: 2.1mg (2.54%), Vitamin E: 0.31mg (2.04%), Fiber: 0.36g (1.46%), Iron: 0.21mg (1.14%)