



## Kalamata Olives and Sun-Dried Tomatoes on Cream Cheese

READY IN



10 min.

SERVINGS



10

CALORIES



153 kcal

SIDE DISH

### Ingredients

- 0.3 cup kalamata olives pitted finely chopped
- 2 tablespoons sun-dried tomatoes drained finely chopped in oil
- 1 tablespoon sun-dried olives
- 2 tablespoons basil fresh chopped
- 1 teaspoon apple cider vinegar
- 0.1 teaspoon pepper red crushed
- 1 medium clove garlic finely chopped
- 8 oz cream cheese softened

- 1 leaves basil fresh
- 40 round buttery crackers assorted

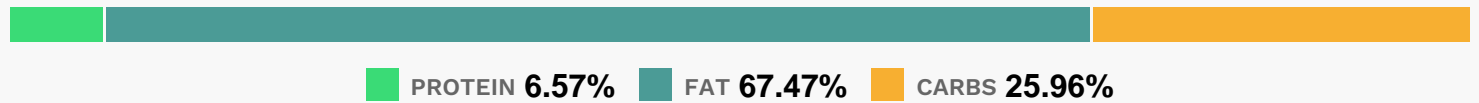
## Equipment

- bowl
- spatula

## Directions

- In small bowl, stir together all ingredients except cream cheese, additional basil leaves and crackers.
- To serve, place softened cream cheese on serving platter. Using small metal spatula, spread cream cheese into 8-inch round. Spoon olive mixture over cheese.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:26.7, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:3.6400000090184%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 153.26kcal (7.66%), Fat: 11.71g (18.02%), Saturated Fat: 5.39g (33.66%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.46g (3.44%), Sugar: 2.05g (2.28%), Cholesterol: 22.91mg (7.64%), Sodium: 256.16mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Vitamin K: 8.65µg (8.24%), Vitamin A: 395.85IU (7.92%), Phosphorus: 63.92mg (6.39%), Vitamin B2: 0.1mg (5.82%), Vitamin E: 0.8mg (5.32%), Manganese: 0.1mg (5.11%), Calcium: 46.22mg (4.62%), Vitamin B1: 0.07mg (4.56%), Vitamin C: 3.38mg (4.1%), Iron: 0.73mg (4.07%), Vitamin B3: 0.78mg (3.89%), Selenium: 2.71µg (3.87%), Potassium: 112.92mg (3.23%), Folate: 12.16µg (3.04%), Fiber: 0.68g (2.72%), Copper: 0.05mg (2.42%), Magnesium: 8.61mg (2.15%), Vitamin B5: 0.2mg (2.02%), Vitamin B6: 0.04mg (1.87%), Zinc: 0.23mg (1.53%)