



## Mozzarella Pesto Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



9

CALORIES



109 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 cups mozzarella cheese grated
- 0.3 cup sun-dried olives drained finely chopped
- 0.3 cup basil pesto prepared

### Equipment

- bowl

### Directions

Stir together all ingredients in a bowl until combined well.

## Nutrition Facts

**PROTEIN 22.8%** **FAT 67.02%** **CARBS 10.18%**

### Properties

Glycemic Index:6.33, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:3.6043478224588%

### Nutrients (% of daily need)

Calories: 109.21kcal (5.46%), Fat: 8.2g (12.62%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.32g (0.84%), Sugar: 1.63g (1.81%), Cholesterol: 20.21mg (6.74%), Sodium: 223.73mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Calcium: 140.14mg (14.01%), Phosphorus: 98.98mg (9.9%), Vitamin B12: 0.57µg (9.46%), Vitamin A: 333.83IU (6.68%), Selenium: 4.4µg (6.28%), Zinc: 0.79mg (5.25%), Vitamin B2: 0.09mg (5.02%), Potassium: 123.72mg (3.53%), Manganese: 0.06mg (3.19%), Magnesium: 10.91mg (2.73%), Iron: 0.43mg (2.37%), Copper: 0.05mg (2.31%), Fiber: 0.49g (1.94%), Vitamin K: 1.89µg (1.8%), Vitamin B1: 0.02mg (1.57%), Vitamin B3: 0.3mg (1.51%), Vitamin C: 1.2mg (1.45%)