



Olive and Garlic Soft Cheese Spread with Whole-Grain Baguette

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



432 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 celery heart cut into sticks
- ☐ 8 ounce cream cheese softened
- ☐ 1 clove garlic
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 1 cup olives with pimiento
- ☐ 6 servings parmesan pita crisps store-bought
- ☐ 1 cup ricotta cheese

☐ 1 whole-grain baguette sliced

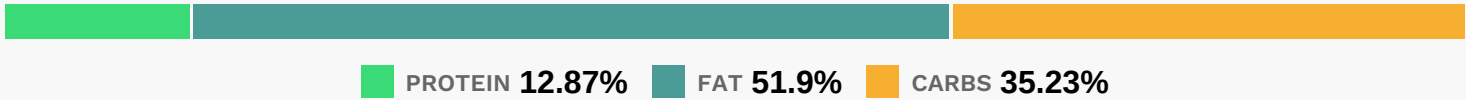
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven 425 degrees F.
- ☐ Place olives in food processor and grate in garlic, add cream cheese and ricotta cheese. Pulse the cheese and olives into a fairly smooth spread.
- ☐ Transfer to a serving bowl and top with hazelnuts. Toast the bread on a baking sheet 5 to 10 minutes to lightly crisp. Surround the spread with bread, pita crisps and celery.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:30.71, Inflammation Score:-8, Nutrition Score:14.476956504843%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 431.66kcal (21.58%), Fat: 25.25g (38.85%), Saturated Fat: 11.62g (72.65%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 35.51g (12.91%), Sugar: 3.12g (3.47%), Cholesterol: 59.26mg (19.75%), Sodium: 464.43mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.17%), Manganese: 0.94mg (46.91%), Vitamin C: 34.27mg (41.54%), Vitamin A: 1573.16IU (31.46%), Phosphorus: 198.16mg (19.82%), Calcium: 187.6mg (18.76%), Vitamin B1: 0.24mg (15.8%), Vitamin B2: 0.26mg (15.35%), Copper: 0.3mg (15.23%), Vitamin E: 2.16mg (14.38%), Selenium: 9.65µg (13.78%), Fiber: 3.06g (12.22%), Iron: 2.13mg (11.85%), Magnesium: 41.91mg (10.48%), Vitamin B6: 0.21mg (10.48%), Zinc: 1.47mg (9.81%), Folate: 37.76µg (9.44%), Potassium: 309.59mg (8.85%), Vitamin B3: 1.72mg (8.61%), Vitamin K: 7.89µg (7.52%), Vitamin B5: 0.64mg (6.4%), Vitamin B12: 0.22µg (3.73%)