



Olive-Nut Spread Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoons mayonnaise
- ☐ 1 halves pecans toasted
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 cup pimiento stuffed olives green chopped
- ☐ 1 slices pumpernickel bread thin

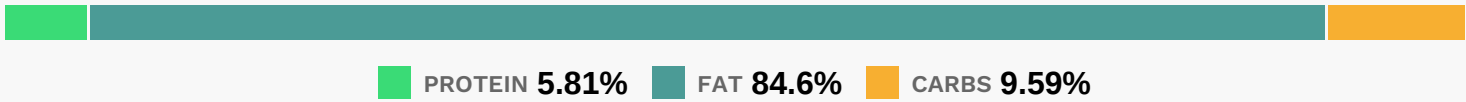
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 4 ingredients in a large bowl. Cover and chill until ready to serve.
- ☐ Cut crusts from bread slices; cut each slice into 4 squares.
- ☐ Serve spread on bread slices.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:1.41, Inflammation Score:-4, Nutrition Score:5.5652174206208%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 228.72kcal (11.44%), Fat: 22.41g (34.48%), Saturated Fat: 6.97g (43.58%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 3.85g (1.4%), Sugar: 1.69g (1.88%), Cholesterol: 29.37mg (9.79%), Sodium: 255.6mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Manganese: 0.68mg (33.82%), Copper: 0.19mg (9.63%), Vitamin A: 422.76IU (8.46%), Phosphorus: 76.39mg (7.64%), Vitamin B1: 0.11mg (7.51%), Fiber: 1.86g (7.45%), Selenium: 4.06µg (5.8%), Vitamin B2: 0.1mg (5.66%), Magnesium: 22.36mg (5.59%), Zinc: 0.83mg (5.55%), Vitamin E: 0.83mg (5.55%), Calcium: 44.41mg (4.44%), Vitamin K: 4.08µg (3.89%), Potassium: 106.22mg (3.03%), Vitamin B5: 0.3mg (3.02%), Iron: 0.54mg (3%), Vitamin B6: 0.05mg (2.63%), Folate: 9.65µg (2.41%), Vitamin B3: 0.33mg (1.65%), Vitamin B12: 0.06µg (1.07%)