



Olive Pecan Spread

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



204 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese softened
- 5 oz olives green drained sliced
- 0.5 cup real mayo mayonnaise kraft
- 1 cup planters pecans coarsely chopped

Equipment

- bowl
- blender

Directions

- BEAT cream cheese in medium bowl with mixer until creamy.
- MIX in mayo until well blended.
- REFRIGERATE at least one hour.
- SERVE with crackers and refrigerate any leftovers.

Nutrition Facts

PROTEIN 4.05% **FAT 90.82%** **CARBS 5.13%**

Properties

Glycemic Index:7.25, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:4.0317391691648%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Nutrients (% of daily need)

Calories: 203.75kcal (10.19%), Fat: 21.23g (32.66%), Saturated Fat: 5.66g (35.37%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.16g (1.28%), Cholesterol: 23.01mg (7.67%), Sodium: 302.88mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Manganese: 0.37mg (18.7%), Vitamin K: 16.06µg (15.3%), Vitamin E: 1.03mg (6.89%), Vitamin A: 310.93IU (6.22%), Copper: 0.12mg (5.92%), Fiber: 1.18g (4.73%), Phosphorus: 45.51mg (4.55%), Vitamin B1: 0.06mg (4.15%), Vitamin B2: 0.06mg (3.34%), Magnesium: 13.08mg (3.27%), Zinc: 0.49mg (3.25%), Selenium: 2.26µg (3.23%), Calcium: 31mg (3.1%), Vitamin B5: 0.2mg (1.98%), Potassium: 65.6mg (1.87%), Iron: 0.31mg (1.71%), Vitamin B6: 0.03mg (1.62%), Folate: 4.34µg (1.08%)