

Olive Pecan Spread



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



314 kcal

CONDIMENT

DIP

SPREAD

Ingredients



8 ounces cream cheese softened



5 ounce olives green drained sliced



0.5 cup mayonnaise



1 cup pecans coarsely chopped

Equipment



bowl

Directions

☐ Mix together the cream cheese, mayonnaise, olives and pecans in a bowl. Refrigerate at least 1 hour before serving.

Nutrition Facts



PROTEIN 4.08% **FAT 90.73%** **CARBS 5.19%**

Properties

Glycemic Index:10.88, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:6.3447826478792%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

Nutrients (% of daily need)

Calories: 314.26kcal (15.71%), Fat: 32.75g (50.38%), Saturated Fat: 8.57g (53.54%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.78g (1.98%), Cholesterol: 34.51mg (11.5%), Sodium: 454.33mg (19.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.62mg (30.86%), Vitamin K: 24.14µg (22.99%), Vitamin E: 1.57mg (10.46%), Copper: 0.19mg (9.63%), Vitamin A: 467.1IU (9.34%), Fiber: 1.89g (7.57%), Phosphorus: 71.72mg (7.17%), Vitamin B1: 0.1mg (6.77%), Magnesium: 21.13mg (5.28%), Zinc: 0.79mg (5.25%), Vitamin B2: 0.09mg (5.11%), Selenium: 3.44µg (4.91%), Calcium: 47.37mg (4.74%), Vitamin B5: 0.31mg (3.07%), Potassium: 103.53mg (2.96%), Iron: 0.49mg (2.73%), Vitamin B6: 0.05mg (2.56%), Folate: 6.78µg (1.7%), Vitamin B12: 0.08µg (1.32%), Vitamin B3: 0.23mg (1.14%)