



Olive & Sun-Dried Tomato Spread



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



225 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup mayonnaise dressing with olive oil best foods®
- ☐ 1 cup oil-cured olives pitted
- ☐ 0.5 cup sun-dried tomatoes packed in oil
- ☐ 1 cup walnuts chopped

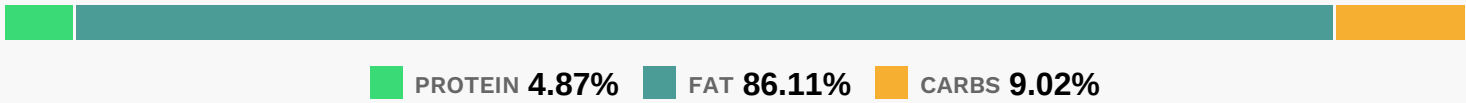
Equipment

- ☐ food processor

Directions

- ☐ Pulse all ingredients in food processor, until well blended, but not pureed. Chill at least 30 minutes.
- ☐ Serve, if desired, with crackers or toasted bread rounds.
- ☐ TIP: Olives, sun-dried tomatoes and walnuts can be finely chopped by hand instead of using the food processor, if desired.
- ☐ TIP: This is a great make-ahead recipe, as the flavor is even better after 24 hours

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:6.3052173827005%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 224.52kcal (11.23%), Fat: 22.42g (34.5%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.54g (2.82%), Cholesterol: 7.06mg (2.35%), Sodium: 323.4mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Vitamin K: 30.25µg (28.81%), Manganese: 0.5mg (25.11%), Copper: 0.28mg (14.18%), Magnesium: 30.81mg (7.7%), Vitamin E: 1.15mg (7.65%), Fiber: 1.91g (7.62%), Potassium: 249.28mg (7.12%), Phosphorus: 64.13mg (6.41%), Iron: 0.94mg (5.23%), Vitamin B1: 0.07mg (4.9%), Vitamin B6: 0.09mg (4.33%), Folate: 16.45µg (4.11%), Zinc: 0.5mg (3.34%), Vitamin B3: 0.66mg (3.3%), Vitamin B2: 0.05mg (2.86%), Vitamin C: 2.31mg (2.8%), Calcium: 25.88mg (2.59%), Vitamin A: 114.39IU (2.29%), Vitamin B5: 0.21mg (2.13%), Selenium: 1.38µg (1.98%)