



Ricotta, Olive and Pine Nut Spread

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground for seasoning
- 0.3 cup flat-leaf parsley leaves fresh packed
- 1 cup olives green pitted (12)
- 1 teaspoon kosher salt for seasoning
- 2 tablespoons olive oil extra-virgin
- 2.5 ounces pinenuts toasted
- 1 leaves as a dip for crudite.
- 15 ounce milk ricotta cheese whole

Equipment

- food processor
- baking sheet
- oven

Directions

- Watch how to make this recipe.
- In a food processor, combine the ricotta cheese, olives, pine nuts, olive oil, 1 teaspoon salt and 1/4 teaspoon pepper. Pulse until smooth.
- Add the parsley and pulse until combined. Season with salt and pepper.
- Cook's Note: To toast the pine nuts, arrange in a single layer on a baking sheet.
- Bake in a preheated 350 degrees F oven for 6 to 7 minutes until lightly toasted. Cool completely before using.

Nutrition Facts

 **PROTEIN 13.8%**  **FAT 79.55%**  **CARBS 6.65%**

Properties

Glycemic Index:22.67, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:11.576521787954%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 277.83kcal (13.89%), Fat: 25.41g (39.09%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.49g (1.27%), Sugar: 0.76g (0.84%), Cholesterol: 36.15mg (12.05%), Sodium: 799.9mg (34.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.83%), Manganese: 1.06mg (53.01%), Vitamin K: 51.79µg (49.33%), Phosphorus: 182.43mg (18.24%), Vitamin E: 2.73mg (18.2%), Calcium: 164.49mg (16.45%), Selenium: 10.57µg (15.1%), Vitamin A: 621.91IU (12.44%), Zinc: 1.62mg (10.82%), Magnesium: 41.35mg (10.34%), Copper: 0.2mg (10.16%), Vitamin B2: 0.17mg (9.96%), Iron: 1.23mg (6.81%), Fiber: 1.29g (5.15%), Potassium: 169.99mg

(4.86%), Folate: 17.25µg (4.31%), Vitamin C: 3.43mg (4.16%), Vitamin B12: 0.24µg (4.02%), Vitamin B1: 0.06mg (3.95%), Vitamin B3: 0.68mg (3.4%), Vitamin B6: 0.05mg (2.55%), Vitamin B5: 0.21mg (2.06%)