Rolled Olive Sandwiches

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	96	39 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 8 ounce cream cheese softened
- [ ] 0.5 cup mayonnaise
- [ ] 1 cup salad olives diced
- [ ] 0.5 cup pecans toasted chopped
- [ ] 0.3 teaspoon pepper
- [ ] 24 slices sandwich bread thin

Equipment

- [ ] rolling pin

Directions

- [ ] Remove crusts from bread; reserve crusts for another use. Flatten bread slices with a rolling pin.
- [ ] Stir together cream cheese and remaining ingredients.
- [ ] Spread 2 tablespoons cream cheese mixture on 1 side of each bread slice.
- [ ] Roll up tightly; cover and chill at least 4 hours. To serve, cut each roll into 4 slices.

Nutrition Facts

PROTEIN **8.24%** FAT **57.81%** CARBS **33.95%**

Properties

Glycemic Index:2.02, Glycemic Load:2.23, Inflammation Score:-1, Nutrition Score:1.090869569827%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 39.05kcal (1.95%), Fat: 2.53g (3.9%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.46g (0.51%), Cholesterol: 2.88mg (0.96%), Sodium: 66.58mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Manganese: 0.06mg (3.18%), Selenium: 1.71µg (2.45%), Vitamin B1: 0.04mg (2.43%), Vitamin K: 2.01µg (1.92%), Folate: 7.38µg (1.84%), Calcium: 16.72mg (1.67%), Vitamin B3: 0.31mg (1.55%), Iron: 0.24mg (1.32%), Vitamin B2: 0.02mg (1.26%), Phosphorus: 11.47mg (1.15%)