

Stuffed Olives



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients



6 ounce olives black pitted canned



4 ounces cream cheese

Equipment



butter knife

Directions

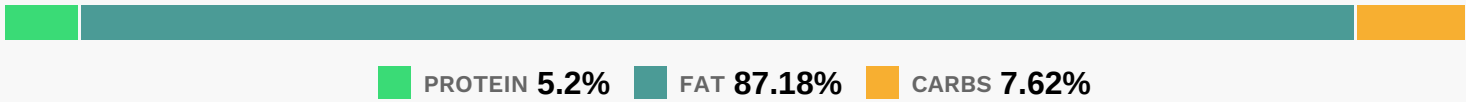


Using a butter knife, simply fill each olive with the desired amount of cream cheese.

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Serve on a decorative plate!

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:2.6913043869578%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 160.88kcal (8.04%), Fat: 16.26g (25.01%), Saturated Fat: 6.59g (41.19%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.3g (1.44%), Cholesterol: 28.63mg (9.54%), Sodium: 752.4mg (32.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin E: 1.86mg (12.43%), Vitamin A: 547.85IU (10.96%), Fiber: 1.4g (5.61%), Calcium: 49.61mg (4.96%), Selenium: 2.82µg (4.03%), Vitamin B2: 0.07mg (4.01%), Phosphorus: 32.03mg (3.2%), Copper: 0.06mg (2.81%), Magnesium: 7.23mg (1.81%), Vitamin B5: 0.17mg (1.71%), Potassium: 55.28mg (1.58%), Vitamin B6: 0.03mg (1.45%), Iron: 0.24mg (1.33%), Vitamin K: 1.19µg (1.13%), Zinc: 0.16mg (1.06%), Vitamin B12: 0.06µg (1.04%), Vitamin B1: 0.02mg (1.03%)