



## Zesty Stuffed Olives

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



59 kcal

SIDE DISH

### Ingredients

- 0.5 cup philadelphia cream cheese spread
- 2 Tbsp parsley fresh chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 5.8 oz colossal olives black drained canned

### Equipment

- ziploc bags

## Directions

- Spoon cream cheese spread into small resealable plastic bag. Press cream cheese into one of the bottom corners of bag.
- Cut off small piece from corner of bag. Squeeze cream cheese into centers of olives.
- Place olives on serving plate.
- Drizzle with dressing.
- Sprinkle with parsley.

## Nutrition Facts

**PROTEIN 5.96%** **FAT 82.63%** **CARBS 11.41%**

## Properties

Glycemic Index:3.2, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.4708695460273%

## Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

## Nutrients (% of daily need)

Calories: 59.11kcal (2.96%), Fat: 5.58g (8.58%), Saturated Fat: 2g (12.5%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.76g (0.85%), Cholesterol: 7.04mg (2.35%), Sodium: 336.58mg (14.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin K: 14.34µg (13.66%), Vitamin A: 236.97IU (4.74%), Vitamin E: 0.69mg (4.61%), Calcium: 23.53mg (2.35%), Fiber: 0.56g (2.25%), Vitamin C: 1.02mg (1.24%), Copper: 0.02mg (1.06%)