

Black Olive Dip

Mrs. Iveson B. Noland III

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

1 soft ripe avocado
1 tablespoon onions, minced
2 tablespoons mayonnaise
2 tablespoons lemon juice
1/2 teaspoon salt
1/4 teaspoon Tabasco sauce
1 package (8 ounce) cream cheese,
softened
1/2 cup chopped ripe olives

Peel the avocado and mash.

Stir in the onion, mayonnaise, lemon juice, salt and Tabasco sauce.

Cream the cheese and blend well.

Stir in the black olives.

Chill.

(This may also be used as a sandwich filling.)

Per Serving (excluding unknown items): 1019 Calories; 104g Fat (89.4% calories from fat); 18g Protein; 10g Carbohydrate; trace Dietary Fiber; 264mg Cholesterol; 1914mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 17 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1019
% Calories from Fat:	89.4%
% Calories from Carbohydrates:	3.7%
% Calories from Protein:	6.9%
Total Fat (g):	104g
Saturated Fat (g):	54g
Monounsaturated Fat (g):	29g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	264mg
Carbohydrate (g):	10g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	39mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 18g
Sodium (mg): 1914mg
Potassium (mg): 341mg
Calcium (mg): 201mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 16mg
Vitamin A (i.u.): 3401IU
Vitamin A (r.e.): 1014 1/2RE

Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 17
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1019 **Calories from Fat:** 911

% Daily Values*

Total Fat 104g	160%
Saturated Fat 54g	271%
Cholesterol 264mg	88%
Sodium 1914mg	80%
Total Carbohydrates 10g	3%
Dietary Fiber trace	1%
Protein 18g	

Vitamin A	68%
Vitamin C	26%
Calcium	20%
Iron	16%

* Percent Daily Values are based on a 2000 calorie diet.