

# Green Olive Dip

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8 ounces cream cheese, softened  
3/4 cup mayonnaise  
3 tablespoons green olive juice  
1 1/4 cups green olives with pimientos  
3/4 cup chopped pecans  
black pepper

In a food processor, blend the cream cheese, mayonnaise and olive juice. Add the chopped pecans, green olives and black pepper. Mix to dip consistency.

Serve with chips or crackers.

Per Serving (excluding unknown items): 2570 Calories; 280g Fat (92.9% calories from fat); 26g Protein; 22g Carbohydrate; 7g Dietary Fiber; 307mg Cholesterol; 1609mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 38 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	2570	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	92.9%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	3.3%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	280g	Folacin (mcg):	78mcg
Saturated Fat (g):	74g	Niacin (mg):	1mg
Monounsaturated Fat (g):	97g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	86g	Alcohol (kcal):	0
Cholesterol (mg):	307mg	% Refused:	0.0%
Carbohydrate (g):	22g	<b>Food Exchanges</b>	
Dietary Fiber (g):	7g	Grain (Starch):	1
Protein (g):	26g	Lean Meat:	3
Sodium (mg):	1609mg	Vegetable:	0
Potassium (mg):	677mg	Fruit:	0
Calcium (mg):	243mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	38
Zinc (mg):	6mg	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	3813IU		
Vitamin A (r.e.):	1079RE		

## Nutrition Facts

Amount Per Serving

Calories 2570      Calories from Fat: 2387

% Daily Values\*

<b>Total Fat</b>	280g	430%
Saturated Fat	74g	371%
<b>Cholesterol</b>	307mg	102%
<b>Sodium</b>	1609mg	67%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	7g	27%
<b>Protein</b>	26g	
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<b>Vitamin A</b>		76%
<b>Vitamin C</b>		3%
<b>Calcium</b>		24%
<b>Iron</b>		30%
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*\* Percent Daily Values are based on a 2000 calorie diet.*