

Olive Nut Spread

Marsha Blum

Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

6 ounces cream cheese, softened
 1/2 cup mayonnaise
 1/2 cup pecans, chopped
 1 cup salad olives, chopped
 2 tablespoons olive juice

In a bowl, mix the cream cheese, mayonnaise, pecans, olives and olive juice. Stir well.

Refrigerate 24 to 48 hours.

Spread on crackers.

Per Serving (excluding unknown items): 1742 Calories; 189g Fat (92.9% calories from fat); 18g Protein; 14g Carbohydrate; 4g Dietary Fiber; 225mg Cholesterol; 1128mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 26 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1742	Vitamin B6 (mg):	.8mg
% Calories from Fat:	92.9%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	3.1%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	4.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	189g	Folacin (mcg):	52mcg
Saturated Fat (g):	53g	Niacin (mg):	1mg
Monounsaturated Fat (g):	64g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	57g	Alcohol (kcal):	0
Cholesterol (mg):	225mg	% Refuse:	n n%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1/2
Protein (g):	18g	Lean Meat:	2
Sodium (mg):	1128mg	Vegetable:	0
Potassium (mg):	452mg	Fruit:	0
Calcium (mg):	175mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	26
Zinc (mg):	4mg	Other Carbohydrates:	0

Vitamin C (mg): 1mg
Vitamin A (i.u.): 2804IU
Vitamin A (r.e.): 800RE

Nutrition Facts

Amount Per Serving

Calories 1742 Calories from Fat: 1619

% Daily Values*

Total Fat	189g	291%
Saturated Fat	53g	266%
Cholesterol	225mg	75%
Sodium	1128mg	47%
Total Carbohydrates	14g	5%
Dietary Fiber	4g	16%
Protein	18g	
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Vitamin A		56%
Vitamin C		2%
Calcium		18%
Iron		21%

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