



A Perfect Pear-ing

READY IN



5 min.

SERVINGS



5

CALORIES



108 kcal

SIDE DISH

Ingredients

- 1 oz colby & monterey jack cheese sliced kraft
- 1 oz oscar mayer deli honey ham fresh
- 12 grape tomatoes
- 1 oz planters deluxe nuts mixed
- 1 small pears
- 5 ritz crackers

Equipment

Directions

Pack it to go or eat it at home. Enjoy!

Nutrition Facts



Properties

Glycemic Index:26.28, Glycemic Load:2.02, Inflammation Score:-4, Nutrition Score:4.7882608641749%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 107.58kcal (5.38%), Fat: 6.41g (9.85%), Saturated Fat: 1.99g (12.47%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 7.48g (2.72%), Sugar: 4.23g (4.7%), Cholesterol: 8.56mg (2.85%), Sodium: 130.8mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.55%), Manganese: 0.19mg (9.41%), Phosphorus: 83.51mg (8.35%), Vitamin C: 6.89mg (8.35%), Fiber: 1.99g (7.95%), Vitamin A: 391.72IU (7.83%), Copper: 0.13mg (6.56%), Vitamin K: 6.17µg (5.87%), Calcium: 58.03mg (5.8%), Magnesium: 22.5mg (5.62%), Potassium: 189.26mg (5.41%), Vitamin B1: 0.08mg (5.21%), Vitamin B3: 0.96mg (4.81%), Vitamin B6: 0.09mg (4.29%), Zinc: 0.63mg (4.23%), Vitamin B2: 0.07mg (4.08%), Folate: 14.38µg (3.59%), Iron: 0.6mg (3.32%), Selenium: 2.28µg (3.25%), Vitamin E: 0.4mg (2.64%), Vitamin B5: 0.17mg (1.68%), Vitamin B12: 0.08µg (1.39%)