



Apple Cheddar Melt

READY IN



6 min.

SERVINGS



6

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 delicious apple cut into 6 slices
- 6 ritz crackers
- 2 Tbsp cheddar cheese shredded kraft

Equipment

- microwave

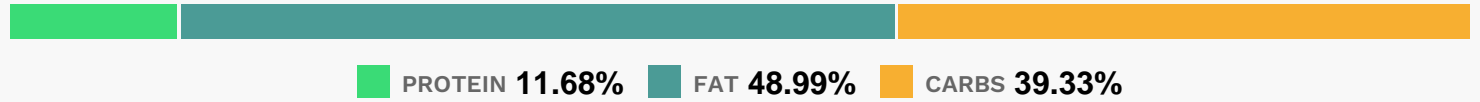
Directions

- Place 1 apple slice on each cracker; sprinkle with 1 tsp. cheese.

Place on microwavable plate.

Microwave on HIGH for 20 seconds or until cheese begins to melt.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:0.85086956555429%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 30.26kcal (1.51%), Fat: 1.67g (2.57%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.04g (1.16%), Cholesterol: 2.83mg (0.94%), Sodium: 45.07mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Calcium: 25.11mg (2.51%), Phosphorus: 22mg (2.2%), Vitamin K: 1.73µg (1.65%), Selenium: 0.94µg (1.34%), Vitamin B2: 0.02mg (1.32%), Vitamin B1: 0.02mg (1.02%)