



Apple-Cheddar Stackers

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



61 kcal

SIDE DISH

Ingredients

- 1 small apples cut into 24 slices
- 3 oz milk cheddar cheese 2% cut into 12 slices kraft
- 0.3 tsp ground cinnamon
- 2 Tbsp sugar
- 24 woven wheat crackers

Equipment

- bowl
- baking sheet

oven

Directions

Heat oven to 350F.

Cut cheese and apple slices crosswise in half.

Combine sugar and cinnamon in medium bowl.

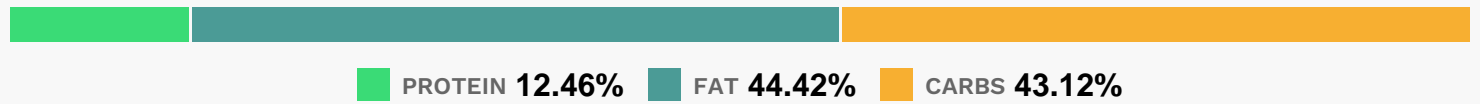
Add apples; toss until evenly coated.

Place crackers in single layer on baking sheet; top each with 1 apple piece. Cover with cheese and remaining apples.

Bake 3 to 4 min. or until cheese is melted.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:1.9, Inflammation Score:-1, Nutrition Score:1.1804347886987%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 61.05kcal (3.05%), Fat: 3.08g (4.74%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 6.14g (2.23%), Sugar: 3.82g (4.24%), Cholesterol: 7.09mg (2.36%), Sodium: 75.78mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Calcium: 53.82mg (5.38%), Phosphorus: 33.86mg (3.39%), Selenium: 2.02µg (2.88%), Fiber: 0.58g (2.33%), Vitamin B2: 0.03mg (2.05%), Zinc: 0.27mg (1.78%), Vitamin A: 77.88IU (1.56%), Vitamin B12: 0.08µg (1.25%)