



Bacon-Cheddar Appetizers

READY IN



12 min.

SERVINGS



16

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup real mayo mayonnaise kraft
- 3 Tbsp onions finely chopped
- 0.5 cup oscar mayer real bacon bits
- 8 oz sharp cheddar cheese shredded kraft finely
- 64 woven wheat crackers thin

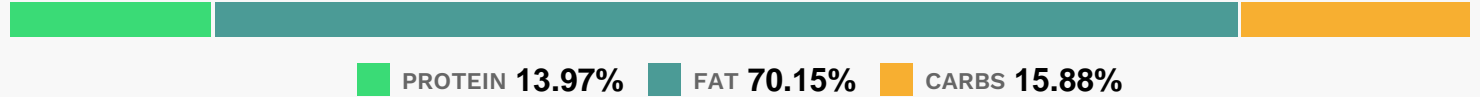
Equipment

- baking sheet
- broiler

Directions

- Heat broiler.
- Place crackers in single layer on baking sheet.
- Mix remaining ingredients; spoon onto crackers.
- Broil 2 min. or until topping is hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.5486956616135%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 154.47kcal (7.72%), Fat: 12.09g (18.6%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.62g (2.04%), Sugar: 1.18g (1.31%), Cholesterol: 22.16mg (7.39%), Sodium: 301.73mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.83%), Vitamin K: 11.76µg (11.2%), Calcium: 106.01mg (10.6%), Phosphorus: 66.93mg (6.69%), Selenium: 4.18µg (5.97%), Vitamin B2: 0.06mg (3.79%), Zinc: 0.53mg (3.56%), Vitamin A: 146.62IU (2.93%), Vitamin B12: 0.16µg (2.64%), Vitamin E: 0.34mg (2.24%), Fiber: 0.54g (2.18%), Iron: 0.23mg (1.27%), Magnesium: 4.08mg (1.02%)