



Baked Mozzarella Bites

 Vegetarian

READY IN



20 min.

SERVINGS



15

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz low-moisture part-skim mozzarella cheese kraft
- 1 cup classico family favorites pasta sauce traditional
- 60 ritz reduced fat crackers

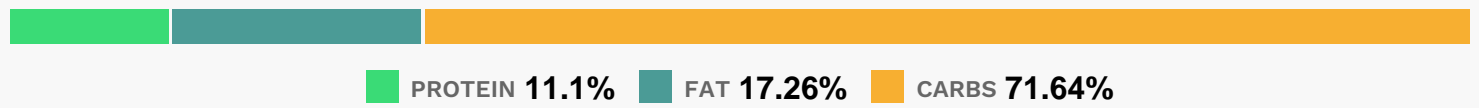
Equipment

- baking sheet
- oven

Directions

- Heat oven to 325F.
- Cut cheese crosswise into 15 slices, then cut each slice in half.
- Top 30 crackers with cheese; cover with remaining crackers.
- Place on rimmed baking sheet.
- Bake 8 min. or until cheese begins to melt. Meanwhile, heat pasta sauce.
- Serve cracker sandwiches as dippers with sauce.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:2.1491304350936%

Nutrients (% of daily need)

Calories: 259.04kcal (12.95%), Fat: 5.17g (7.95%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 48.01g (17.46%), Sugar: 15.21g (16.9%), Cholesterol: 9.68mg (3.23%), Sodium: 514.29mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.95%), Calcium: 120.52mg (12.05%), Phosphorus: 74.41mg (7.44%), Vitamin B2: 0.06mg (3.32%), Selenium: 2.28µg (3.25%), Zinc: 0.45mg (3.02%), Vitamin A: 143.45IU (2.87%), Vitamin B12: 0.12µg (2.07%), Potassium: 61.21mg (1.75%), Vitamin E: 0.26mg (1.71%), Magnesium: 5.93mg (1.48%), Vitamin C: 1.14mg (1.39%), Vitamin B6: 0.03mg (1.33%), Copper: 0.02mg (1.13%), Iron: 0.19mg (1.06%)