



BLT Snackers

READY IN



5 min.

SERVINGS



5

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon fully cooked cut into 4 pieces
- 2 oz milk cheddar cheese 2% cut into 8 slices kraft
- 4 cherry tomatoes cut into 4 slices
- 0.3 cup lettuce shredded
- 16 woven wheat crackers

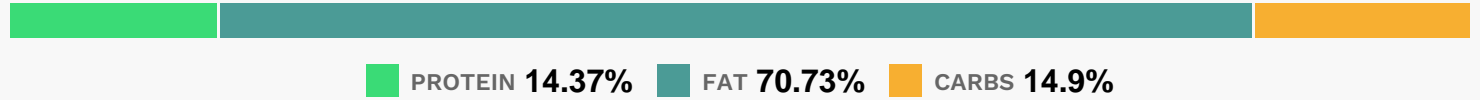
Equipment

- microwave

Directions

- Cut each cheese slice in half. Top crackers with cheese, bacon and tomatoes.
- Place 8 topped crackers on microwaveable plate. Microwave on HIGH 20 to 25 sec. or until cheese is melted. Repeat with remaining crackers.
- Top with lettuce.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.2486956819244%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 151.15kcal (7.56%), Fat: 11.89g (18.28%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.09g (1.85%), Sugar: 1.26g (1.4%), Cholesterol: 22.96mg (7.65%), Sodium: 239.38mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Selenium: 6.82µg (9.74%), Calcium: 87.04mg (8.7%), Phosphorus: 81.81mg (8.18%), Zinc: 0.65mg (4.32%), Vitamin A: 204.71IU (4.09%), Vitamin B2: 0.07mg (4.01%), Vitamin B3: 0.79mg (3.95%), Vitamin B1: 0.06mg (3.88%), Vitamin C: 3.2mg (3.88%), Vitamin B12: 0.21µg (3.47%), Vitamin B6: 0.07mg (3.34%), Potassium: 78.3mg (2.24%), Fiber: 0.55g (2.19%), Iron: 0.35mg (1.93%), Magnesium: 6.65mg (1.66%), Vitamin B5: 0.17mg (1.65%), Vitamin E: 0.24mg (1.62%), Vitamin K: 1.52µg (1.45%), Folate: 5.19µg (1.3%), Copper: 0.02mg (1.11%), Manganese: 0.02mg (1.09%)