



## Blueberry Cracker Bites

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



150 kcal

SIDE DISH

### Ingredients

- 10 blueberries frozen
- 2 ritz reduced fat crackers
- 2 tsp philadelphia

### Equipment

### Directions

- Spread crackers with reduced-fat cream cheese.

Top with berries.

## Nutrition Facts



### Properties

Glycemic Index:67, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:0.94565216743428%

### Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Petunidin: 4.1mg, Petunidin: 4.1mg, Petunidin: 4.1mg, Petunidin: 4.1mg Delphinidin: 4.61mg, Delphinidin: 4.61mg, Delphinidin: 4.61mg, Delphinidin: 4.61mg Malvidin: 8.79mg, Malvidin: 8.79mg, Malvidin: 8.79mg, Malvidin: 8.79mg Peonidin: 2.64mg, Peonidin: 2.64mg, Peonidin: 2.64mg, Peonidin: 2.64mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

### Nutrients (% of daily need)

Calories: 150.27kcal (7.51%), Fat: 4.79g (7.37%), Saturated Fat: 1.99g (12.47%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 25.6g (9.31%), Sugar: 8.89g (9.88%), Cholesterol: 9.96mg (3.32%), Sodium: 202.72mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin A: 139.41IU (2.79%), Vitamin K: 2.72µg (2.59%), Manganese: 0.04mg (2.24%), Vitamin B2: 0.03mg (1.65%), Vitamin C: 1.26mg (1.53%), Fiber: 0.31g (1.25%), Selenium: 0.86µg (1.23%), Phosphorus: 12.11mg (1.21%), Vitamin E: 0.16mg (1.06%), Calcium: 10.34mg (1.03%)