



## California Snackers

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



46 kcal

SIDE DISH

### Ingredients

- 0.5 avocado pitted peeled
- 2 plum tomatoes cut into 9 slices
- 18 ritz crackers whole wheat with
- 2 Tbsp taco bellâ® & chunky salsa thick

### Equipment

### Directions

- Cut avocado evenly into 18 pieces.
- Cover each cracker with tomato, avocado and salsa.

## Nutrition Facts

**PROTEIN 6.28%**

**FAT 51.88%**

**CARBS 41.84%**

### Properties

Glycemic Index:7.8, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:2.1526086913503%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 45.92kcal (2.3%), Fat: 2.76g (4.25%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4g (1.45%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 72.57mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin K: 5.94µg (5.66%), Fiber: 1.01g (4.04%), Folate: 14.03µg (3.51%), Vitamin E: 0.51mg (3.38%), Vitamin C: 2.77mg (3.36%), Manganese: 0.06mg (3.08%), Vitamin B3: 0.55mg (2.76%), Vitamin A: 135.24IU (2.7%), Potassium: 93.84mg (2.68%), Vitamin B1: 0.04mg (2.43%), Phosphorus: 24.1mg (2.41%), Vitamin B6: 0.05mg (2.27%), Iron: 0.35mg (1.92%), Vitamin B2: 0.03mg (1.82%), Vitamin B5: 0.18mg (1.78%), Copper: 0.04mg (1.77%), Magnesium: 5.84mg (1.46%), Calcium: 11.77mg (1.18%)