



Caramelized Onion-Cranberry-Cream Cheese Bites

READY IN



30 min.

SERVINGS



16

CALORIES



22 kcal

SIDE DISH

Ingredients

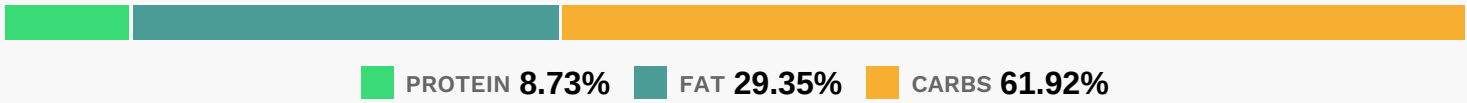
- ☐ 16 servings caramelized onion-cranberry compote
- ☐ 16 grain crackers whole
- ☐ 16 servings parsley leaves fresh
- ☐ 0.3 less-fat cream cheese

Equipment

Directions

- ☐
- Spread 16 whole grain crackers each with 1 1/2 tsp. 1/3-less-fat cream cheese; top each with 1 Tbsp. Caramelized Onion-Cranberry Compote.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:4.3708695212136%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 22.27kcal (1.11%), Fat: 0.75g (1.15%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.92g (1.02%), Cholesterol: 0.02mg (0.01%), Sodium: 29.37mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin K: 67.16µg (63.96%), Vitamin C: 6.43mg (7.79%), Vitamin A: 337.54IU (6.75%), Folate: 11.09µg (2.77%), Iron: 0.41mg (2.3%), Manganese: 0.04mg (2.1%), Fiber: 0.46g (1.82%), Vitamin B1: 0.02mg (1.57%), Phosphorus: 14.88mg (1.49%), Calcium: 13.61mg (1.36%), Potassium: 47.66mg (1.36%), Vitamin B6: 0.02mg (1.17%), Vitamin B3: 0.22mg (1.08%), Magnesium: 4.07mg (1.02%)