



Cheddar & Onion Bites

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



276 kcal

SIDE DISH

Ingredients

- 8 oz cracker barrel extra sharp cheddar cheese cut into 16 slices
- 1 green onion thinly sliced
- 0.3 cup real mayo mayonnaise kraft
- 16 slices cocktail rye bread toasted

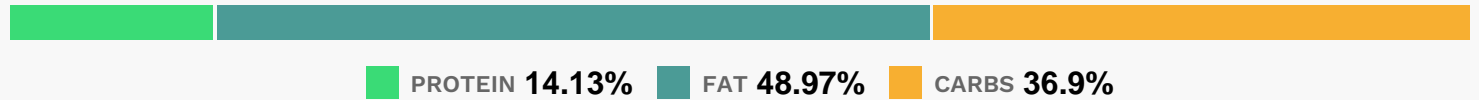
Equipment

- baking sheet
- broiler

Directions

- Heat broiler.
- Mix mayo and onions until blended; spread onto toast slices. Top with cheese.
- Place on baking sheet.
- Broil 1 to 2 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:11.58, Inflammation Score:-4, Nutrition Score:9.9082608533942%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 276.3kcal (13.81%), Fat: 14.99g (23.06%), Saturated Fat: 5.55g (34.68%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 22.41g (8.15%), Sugar: 2.12g (2.35%), Cholesterol: 25.82mg (8.61%), Sodium: 504.67mg (21.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.46%), Selenium: 22.42µg (32.03%), Manganese: 0.43mg (21.33%), Calcium: 199.18mg (19.92%), Phosphorus: 169.88mg (16.99%), Vitamin B2: 0.27mg (16.11%), Folate: 62.22µg (15.56%), Vitamin B1: 0.23mg (15.35%), Vitamin K: 15.81µg (15.06%), Fiber: 3g (12%), Vitamin B3: 1.96mg (9.82%), Zinc: 1.43mg (9.55%), Iron: 1.52mg (8.44%), Magnesium: 26.92mg (6.73%), Copper: 0.11mg (5.26%), Vitamin A: 247.65IU (4.95%), Vitamin B12: 0.25µg (4.16%), Vitamin E: 0.59mg (3.94%), Vitamin B5: 0.33mg (3.33%), Potassium: 107.26mg (3.06%), Vitamin B6: 0.06mg (2.77%), Vitamin D: 0.15µg (1.01%)