Cheese-chutney Crisps

READY IN	SERVINGS	CALORIES
45 min.	4	100 kcal

Ingredients

- [ ] 12 ahvosh crackers (2 by 4 in.)
- [ ] 0.3 cup green onions chopped
- [ ] 0.5 cup chutney
- [ ] 1 ounce parmesan cheese

Equipment

Directions

- [ ] Mix 1/2 cup chutney and 1/4 cup chopped green onions.

- [ ] Spread on 12 lahvosh crackers (about 2 by 4 in.). Top with slivers of parmesan cheese (1 oz. total).

Nutrition Facts

PROTEIN **13.63%** FAT **52.72%** CARBS **33.65%**

Properties

Glycemic Index:14.75, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:3.9156521344962%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 100.16kcal (5.01%), Fat: 5.67g (8.72%), Saturated Fat: 2.53g (15.78%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 7.77g (2.83%), Sugar: 0.93g (1.04%), Cholesterol: 4.82mg (1.61%), Sodium: 646.22mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin K: 17.56µg (16.72%), Vitamin A: 812.64IU (16.25%), Calcium: 102.27mg (10.23%), Phosphorus: 76.07mg (7.61%), Vitamin C: 5.43mg (6.59%), Vitamin B2: 0.05mg (3.08%), Vitamin B1: 0.05mg (3.07%), Iron: 0.55mg (3.07%), Manganese: 0.06mg (3%), Selenium: 2.05µg (2.92%), Folate: 10.98µg (2.74%), Vitamin B3: 0.49mg (2.46%), Vitamin E: 0.36mg (2.43%), Zinc: 0.27mg (1.83%), Magnesium: 6.08mg (1.52%), Fiber: 0.37g (1.48%), Vitamin B12: 0.09µg (1.42%)