



Cheese & Pesto Bites

 Vegetarian

READY IN



10 min.

SERVINGS



16

CALORIES



78 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

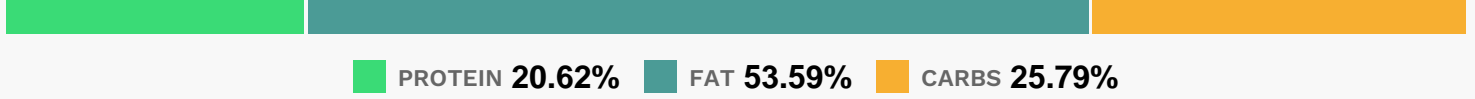
- 0.3 cup classico basil pesto sauce and spread traditional
- 8 oz low-moisture part-skim mozzarella cheese cut into 24 slices kraft
- 0.3 cup pasilla peppers red finely chopped
- 48 woven wheat crackers

Equipment

Directions

- Cut cheese slices in half.
- Place on crackers.
- Top with pesto and peppers.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:1.9452173956062%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 78.37kcal (3.92%), Fat: 4.66g (7.17%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.55g (1.65%), Sugar: 1.14g (1.27%), Cholesterol: 9.38mg (3.13%), Sodium: 167.99mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Calcium: 120.85mg (12.08%), Phosphorus: 66.23mg (6.62%), Vitamin A: 219.19IU (4.38%), Vitamin C: 2.98mg (3.61%), Selenium: 2.04µg (2.92%), Zinc: 0.4mg (2.65%), Vitamin B2: 0.04mg (2.64%), Fiber: 0.49g (1.98%), Vitamin B12: 0.12µg (1.94%), Iron: 0.2mg (1.13%)