



Cheesy Cracker Melts

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp planters pecan pieces
- 2 cracker cuts sharp cheddar cheese kraft
- 2 woven wheat crackers

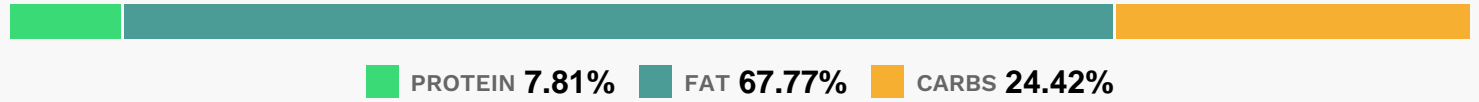
Equipment

- microwave

Directions

- Top crackers with cheese and pecans.
- Place on microwaveable plate.
- Microwave on HIGH 10 sec.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.2747826156733%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 53.64kcal (2.68%), Fat: 4.2g (6.46%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.76g (1.01%), Sugar: 0.67g (0.75%), Cholesterol: 2mg (0.67%), Sodium: 42.36mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Manganese: 0.18mg (9.01%), Fiber: 0.64g (2.56%), Copper: 0.05mg (2.43%), Phosphorus: 20.24mg (2.02%), Calcium: 19.34mg (1.93%), Vitamin B1: 0.03mg (1.8%), Zinc: 0.25mg (1.7%), Magnesium: 5.38mg (1.35%), Iron: 0.2mg (1.1%), Selenium: 0.72µg (1.03%)