



Cheesy Olive Cracker Bread

READY IN



15 min.

SERVINGS



16

CALORIES



39 kcal

Ingredients

- ☐ 1 round buttery crackers
- ☐ 6 oz pizza cheese shredded italian
- ☐ 0.3 cup kalamata olives pitted cut in half
- ☐ 1 tablespoon basil fresh chopped

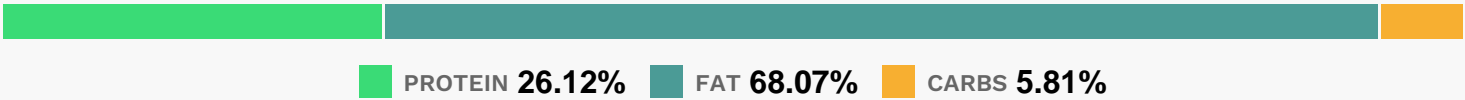
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pizza cutter

Directions

- ☐ Heat oven to 375°F.
- ☐ Place cracker bread on large cookie sheet.
- ☐ Sprinkle cheese and olives over entire top of cracker bread.
- ☐ Bake 4 to 6 minutes or until cheese is melted. Top with basil.
- ☐ Break cracker bread into small pieces, or cut into 3-inch squares (4 rows by 4 rows) with pizza cutter or chef's knife.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.24521738833383%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 39.16kcal (1.96%), Fat: 3.13g (4.82%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.03g (0.03%), Cholesterol: 2.13mg (0.71%), Sodium: 65.73mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Calcium: 23.23mg (2.32%)