



## Cheesy RITZ Ladybug

READY IN



10 min.

SERVINGS



10

CALORIES



36 kcal

SIDE DISH

## Ingredients

- 2 slices olives black pitted halved lengthwise
- 4 grape tomatoes cut into 6 slices each
- 12 slices oscar mayer pepperoni
- 12 ritz crackers
- 12 cracker barrel cracker cuts vermont sharp-white cheddar cheese

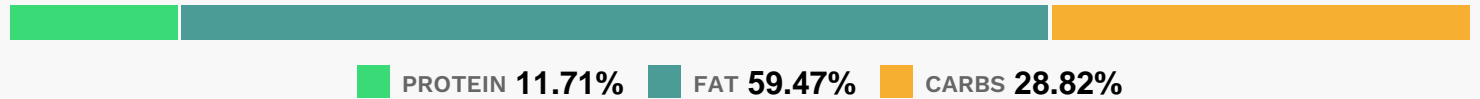
## Equipment

- cookie cutter

## Directions

- Cut cheese slices into circles using 1-1/2-inch cookie cutter.
- Cut each circle in half; set aside. Reserve scraps for other use.
- Top each cracker with 1 pepperoni slice and 2 cheese pieces to resemble a ladybug and her wings.
- Add 2 tomato slices and an olive piece to each for the ladybug's spots and head.

## Nutrition Facts



## Properties

Glycemic Index:9.3, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.1491304350936%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 36.22kcal (1.81%), Fat: 2.4g (3.69%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.45g (0.89%), Sugar: 0.48g (0.53%), Cholesterol: 3.53mg (1.18%), Sodium: 80.98mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin K: 2.51µg (2.39%), Manganese: 0.04mg (2.08%), Phosphorus: 20.76mg (2.08%), Selenium: 1.2µg (1.72%), Vitamin B1: 0.03mg (1.69%), Vitamin B3: 0.34mg (1.68%), Calcium: 15.27mg (1.53%), Vitamin A: 69.45IU (1.39%), Vitamin E: 0.2mg (1.36%), Vitamin B2: 0.02mg (1.31%), Iron: 0.21mg (1.19%), Vitamin C: 0.93mg (1.13%)