



Cheesy Southwest Appetizers

READY IN



13 min.

SERVINGS



16

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup olives black chopped
- ☐ 6 slices cheddar cheese
- ☐ 32 keebler® town house® original crackers
- ☐ 0.3 cup jalapeño peppers finely chopped
- ☐ 3 slices monterrey jack cheese
- ☐ 0.3 cup bell pepper red finely chopped

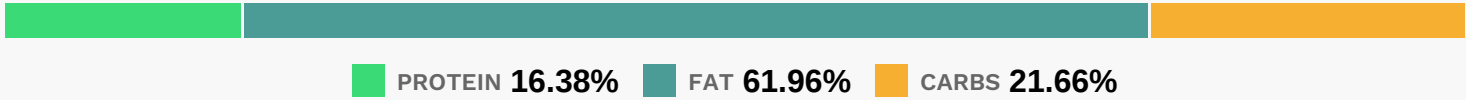
Equipment

- ☐ baking sheet

Directions

- ☐ Cut Cheddar and Monterey Jack cheeses into small triangles. Top each cracker with some Cheddar cheese, Monterey Jack cheese, bell pepper, jalapeno pepper and olives.
- ☐ Place on baking sheet.
- ☐ Broil 4- to 5-inches from heat for 1 to 3 minutes or until cheese begins to melt.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.6678260810997%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 79.18kcal (3.96%), Fat: 5.49g (8.44%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 4.02g (1.46%), Sugar: 0.7g (0.78%), Cholesterol: 11.05mg (3.68%), Sodium: 159.15mg (6.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Calcium: 94.9mg (9.49%), Phosphorus: 69.94mg (6.99%), Vitamin C: 4.65mg (5.63%), Selenium: 2.87µg (4.1%), Vitamin A: 200.59IU (4.01%), Vitamin B2: 0.07mg (3.98%), Vitamin K: 3.69µg (3.51%), Vitamin E: 0.44mg (2.92%), Zinc: 0.44mg (2.91%), Vitamin B1: 0.03mg (2.09%), Folate: 8.12µg (2.03%), Iron: 0.34mg (1.89%), Manganese: 0.04mg (1.88%), Vitamin B12: 0.11µg (1.85%), Vitamin B3: 0.35mg (1.73%), Vitamin B6: 0.03mg (1.27%), Magnesium: 5mg (1.25%), Fiber: 0.3g (1.18%)