



## Cheesy Tomato Melt

READY IN



6 min.

SERVINGS



4

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup milk cheddar cheese shredded 2% kraft
- 4 servings garlic powder
- 4 servings ground pepper black
- 1 medium plum tomatoes cut into 12 slices
- 12 ritz crackers low sodium

## Equipment

- microwave

## Directions

- Top each cracker with 1 tsp. cheese and 1 tomato slice; sprinkle lightly with pepper and garlic powder.
- Place 6 topped crackers on microwaveable plate. Microwave on HIGH 10 to 15 sec. or until cheese is melted.
- Repeat with remaining topped crackers.

## Nutrition Facts

**PROTEIN 13.42%** **FAT 46.7%** **CARBS 39.88%**

## Properties

Glycemic Index:25.5, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:3.2573913504248%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 86.07kcal (4.3%), Fat: 4.55g (6.99%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 8.05g (2.93%), Sugar: 1.24g (1.37%), Cholesterol: 7.06mg (2.35%), Sodium: 128.16mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Phosphorus: 73.21mg (7.32%), Calcium: 68.15mg (6.82%), Vitamin K: 6.07µg (5.78%), Manganese: 0.11mg (5.45%), Selenium: 3.13µg (4.48%), Vitamin B1: 0.06mg (4.05%), Vitamin A: 200.43IU (4.01%), Vitamin B2: 0.06mg (3.67%), Vitamin B6: 0.07mg (3.63%), Iron: 0.63mg (3.53%), Vitamin E: 0.47mg (3.15%), Folate: 11.72µg (2.93%), Zinc: 0.43mg (2.88%), Vitamin B3: 0.56mg (2.8%), Fiber: 0.69g (2.75%), Vitamin C: 2.16mg (2.62%), Potassium: 90mg (2.57%), Copper: 0.04mg (2%), Magnesium: 7.8mg (1.95%), Vitamin B12: 0.07µg (1.25%)