



## Chili-Cheese Snackers

READY IN



10 min.

SERVINGS



12

CALORIES



71 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup chili with beans, warmed
- 2 Tbsp onions finely chopped
- 24 ritz crackers
- 3 oz sharp cheddar cheese kraft

### Equipment

### Directions

- Cut cheese into 12 slices; cut each slice diagonally in half.

Top crackers with cheese, chili and onions.

Serve immediately.

## Nutrition Facts

**PROTEIN 15.07%** **FAT 54.87%** **CARBS 30.06%**

### Properties

Glycemic Index:4.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.4134782462016%

### Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

### Nutrients (% of daily need)

Calories: 71.05kcal (3.55%), Fat: 4.39g (6.75%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.77g (1.74%), Sugar: 0.71g (0.79%), Cholesterol: 8.9mg (2.97%), Sodium: 155.02mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Phosphorus: 65.75mg (6.58%), Calcium: 64.74mg (6.47%), Iron: 0.65mg (3.61%), Selenium: 2.43µg (3.47%), Vitamin B2: 0.06mg (3.46%), Zinc: 0.51mg (3.42%), Vitamin K: 3.38µg (3.22%), Fiber: 0.64g (2.54%), Manganese: 0.05mg (2.48%), Vitamin B1: 0.03mg (2.3%), Folate: 8.58µg (2.14%), Vitamin A: 107IU (2.14%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.2mg (2.05%), Magnesium: 8.02mg (2.01%), Vitamin B3: 0.34mg (1.68%), Potassium: 53.96mg (1.54%), Vitamin B12: 0.08µg (1.25%), Vitamin B6: 0.02mg (1.23%), Copper: 0.02mg (1.15%)