



Christmas Ornaments

READY IN



5 min.

SERVINGS



5

CALORIES



132 kcal

SIDE DISH

Ingredients

- 0.5 cup philadelphia cream cheese spread
- 5 servings green onions sliced
- 24 ritz crackers
- 1 small tomato pieces

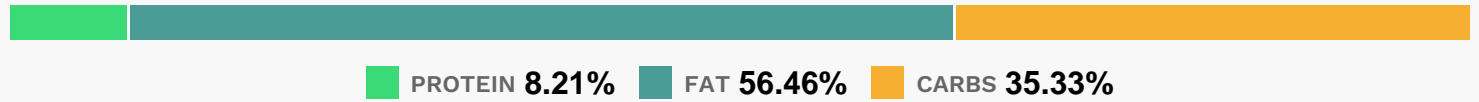
Equipment

Directions

- Spread each cracker with 1 tsp. cream cheese spread.

Decorate with onions and tomatoes as desired to resemble Christmas ornaments.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:3.7134782309118%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 132.34kcal (6.62%), Fat: 8.31g (12.78%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 11g (4%), Sugar: 2.49g (2.77%), Cholesterol: 14.07mg (4.69%), Sodium: 234.21mg (10.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin K: 21.06µg (20.06%), Vitamin A: 427.08IU (8.54%), Calcium: 55.56mg (5.56%), Manganese: 0.11mg (5.41%), Vitamin B1: 0.07mg (4.91%), Phosphorus: 45.9mg (4.59%), Vitamin C: 3.62mg (4.39%), Iron: 0.78mg (4.34%), Vitamin E: 0.63mg (4.23%), Folate: 16.94µg (4.23%), Vitamin B3: 0.84mg (4.21%), Fiber: 0.71g (2.82%), Vitamin B2: 0.05mg (2.73%), Potassium: 76.83mg (2.2%), Copper: 0.03mg (1.68%), Magnesium: 5.94mg (1.48%), Vitamin B6: 0.03mg (1.34%)