



Crab Cracker Critter

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

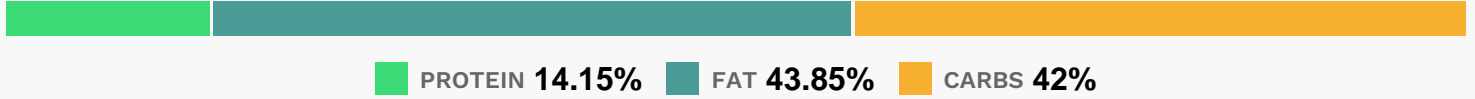
- 20 chow mein noodles
- 4 slices pimento-stuffed olives green
- 1 deli deluxe process american cheese quartered kraft
- 4 ritz cheese crackers

Equipment

Directions

- Place 2 cheese pieces on each of 2 crackers; cover each with second cracker.
- Arrange 5 noodles on opposite sides of each stack of crackers to form the "crab's claws."
- Add olive slices for the "eyes."

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.97000000010366%

Nutrients (% of daily need)

Calories: 42.84kcal (2.14%), Fat: 2.09g (3.21%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 4.2g (1.53%), Sugar: 0.37g (0.41%), Cholesterol: 4.2mg (1.4%), Sodium: 128.83mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Calcium: 48mg (4.8%), Phosphorus: 33.51mg (3.35%), Iron: 0.27mg (1.48%), Selenium: 0.97µg (1.38%), Vitamin K: 1.32µg (1.26%), Fiber: 0.3g (1.18%), Vitamin B12: 0.06µg (1.05%)