



## Cracker Stackers with Veggie "Noodles"

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

SIDE DISH

### Ingredients

- 0.5 carrots
- 2 slices oscar mayer deli ham smoked fresh cut into 3 pieces
- 0.3 cucumber english
- 1 singles cut into 6 pieces kraft
- 1 Tbsp classic ranch dressing kraft
- 6 ritz crackers

### Equipment

- peeler

## Directions

- Cut cucumber lengthwise in half; run tip of spoon down center of each piece to remove seeds. Use vegetable peeler to cut cucumbers and carrots into thin lengthwise slices for the "noodles"; place in resealable container. Spoon dressing into small resealable container. Pack in insulated lunch bag.
- Add small plastic fork.
- Place crackers, meat and Singles in separate stacks.
- Place in second resealable container.
- Add to lunch bag.
- Toss vegetables with dressing just before serving. Top crackers with meat and Singles; serve with "noodle" mixture.

## Nutrition Facts

**PROTEIN 18.55%** **FAT 58.44%** **CARBS 23.01%**

## Properties

Glycemic Index:4.68, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:1.6282608457234%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 31.44kcal (1.57%), Fat: 2.04g (3.14%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.49g (0.55%), Cholesterol: 3.88mg (1.29%), Sodium: 99.42mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin A: 520.14IU (10.4%), Vitamin K: 4.54µg (4.33%), Vitamin B1: 0.05mg (3.06%), Phosphorus: 23.48mg (2.35%), Selenium: 1.43µg (2.05%), Vitamin B3: 0.38mg (1.88%), Vitamin B6: 0.03mg (1.5%), Vitamin B2: 0.02mg (1.35%), Potassium: 40.14mg (1.15%), Zinc: 0.17mg (1.12%), Manganese: 0.02mg (1.07%)