



## Cranberry Cracker Bites

READY IN



5 min.

SERVINGS



1

CALORIES



84 kcal

SIDE DISH

### Ingredients

- 2 tsp philadelphia cream cheese spread
- 2 tsp cranberries dried
- 2 ritz simply socials original crackers

### Equipment

### Directions

- Top crackers with remaining ingredients.

### Nutrition Facts

PROTEIN 4.86% FAT 37.48% CARBS 57.66%

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2256521875768%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 84.33kcal (4.22%), Fat: 3.64g (5.59%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 11.92g (4.34%), Sugar: 7.95g (8.83%), Cholesterol: 6.11mg (2.04%), Sodium: 99.15mg (4.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin K: 3.75µg (3.57%), Manganese: 0.06mg (2.93%), Vitamin E: 0.42mg (2.78%), Fiber: 0.66g (2.64%), Calcium: 21.96mg (2.2%), Vitamin A: 93.65IU (1.87%), Vitamin B1: 0.03mg (1.85%), Vitamin B3: 0.35mg (1.73%), Phosphorus: 17.17mg (1.72%), Iron: 0.31mg (1.7%), Vitamin B2: 0.02mg (1.1%), Folate: 4.32µg (1.08%)