



Cranberry Crackers

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cranberries fresh finely chopped
- 1.5 tablespoons cilantro leaves fresh minced
- 1.5 teaspoons ginger fresh grated
- 2 green onions thinly sliced
- 1 teaspoon jalapeno minced seeded
- 4 ounces cream cheese softened reduced-fat
- 1.5 teaspoons orange juice
- 2 tablespoons sugar

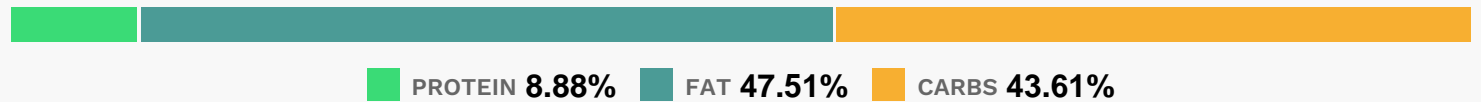
- 2 tablespoons walnuts finely chopped
- 16 wheat crackers light shredded whole wheat

Equipment

Directions

- Stir together first 6 ingredients; chill 2 to 3 hours.
- Stir together cream cheese and orange juice; stir in walnuts.
- Spread on crackers, and top with cranberry mixture.
- Serve immediately.
- NOTE: For testing purposes only, we used Snackwells Wheat Crackers.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:1.199565216251%

Flavonoids

Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 41.02kcal (2.05%), Fat: 2.24g (3.44%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.57g (2.85%), Cholesterol: 3.83mg (1.28%), Sodium: 40.55mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin K: 3.7µg (3.53%), Manganese: 0.07mg (3.47%),

Vitamin C: 1.89mg (2.29%), Fiber: 0.49g (1.96%), Phosphorus: 16.61mg (1.66%), Calcium: 14.67mg (1.47%), Copper: 0.03mg (1.4%), Vitamin A: 65.29IU (1.31%), Vitamin B12: 0.07µg (1.09%), Vitamin B2: 0.02mg (1.07%), Potassium: 35.25mg (1.01%)