



## Creamy Mediterranean Bites

READY IN



5 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

### Ingredients

- 8 tsp philadelphia neufchatel cheese
- 8 pimento-stuffed olives green
- 8 ritz crackers

### Equipment

### Directions

- Spread crackers with Neufchatel; top with olives.

### Nutrition Facts

PROTEIN 8.43% FAT 65% CARBS 26.57%

## Properties

Glycemic Index:6.75, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.4226086891216%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

## Nutrients (% of daily need)

Calories: 66.06kcal (3.3%), Fat: 4.86g (7.48%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 4.07g (1.48%), Sugar: 0.85g (0.94%), Cholesterol: 7.29mg (2.43%), Sodium: 210.65mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin E: 0.55mg (3.69%), Vitamin K: 3.28µg (3.12%), Phosphorus: 30.3mg (3.03%), Calcium: 24.93mg (2.49%), Vitamin A: 114.34IU (2.29%), Vitamin B1: 0.03mg (2.02%), Vitamin B2: 0.03mg (1.87%), Iron: 0.32mg (1.78%), Manganese: 0.03mg (1.67%), Vitamin B3: 0.33mg (1.66%), Fiber: 0.4g (1.61%), Folate: 5.94µg (1.49%)