



Creamy Strawberry Snacks

READY IN



5 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- 0.3 cup philadelphia whipped berry cream cheese spread mixed
- 12 ritz crackers low sodium
- 3 medium strawberries quartered

Equipment

Directions

- Spread each cracker with 1 tsp. of the cream cheese spread.
- Top with strawberry pieces.

Serve immediately.

Nutrition Facts

PROTEIN 7.74% **FAT 56.81%** **CARBS 35.45%**

Properties

Glycemic Index:10, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.869130420944%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 82.35kcal (4.12%), Fat: 5.19g (7.99%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.9g (2.51%), Sugar: 1.61g (1.79%), Cholesterol: 8.8mg (2.93%), Sodium: 145.3mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin C: 5.29mg (6.41%), Vitamin K: 4.7µg (4.47%), Manganese: 0.08mg (4.17%), Calcium: 32.33mg (3.23%), Vitamin B1: 0.04mg (2.8%), Vitamin A: 135.86IU (2.72%), Phosphorus: 26.73mg (2.67%), Iron: 0.44mg (2.44%), Vitamin B3: 0.47mg (2.37%), Vitamin E: 0.34mg (2.27%), Folate: 8.64µg (2.16%), Fiber: 0.39g (1.55%), Vitamin B2: 0.03mg (1.52%)