



Deli Tidbits

READY IN



5 min.

SERVINGS



1

CALORIES



50 kcal

SIDE DISH

Ingredients

- 2 cracker cuts colby and monterey jack cheese kraft
- 1 small stuffed olive green cut in half
- 0.5 slice oscar mayer salami hard cut in half
- 2 woven wheat crackers

Equipment

Directions

- Top crackers with remaining ingredients.

Nutrition Facts

PROTEIN 14.27% FAT 61.2% CARBS 24.53%

Properties

Glycemic Index:28, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.0439130349652%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 49.83kcal (2.49%), Fat: 3.41g (5.25%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.54g (0.6%), Cholesterol: 5.45mg (1.82%), Sodium: 205.46mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin B1: 0.04mg (2.87%), Vitamin B12: 0.14µg (2.38%), Selenium: 1.47µg (2.1%), Phosphorus: 19.6mg (1.96%), Calcium: 18.76mg (1.88%), Zinc: 0.25mg (1.68%), Fiber: 0.39g (1.55%), Vitamin B6: 0.03mg (1.38%), Vitamin B2: 0.02mg (1.33%), Vitamin B3: 0.26mg (1.32%), Vitamin E: 0.16mg (1.05%), Iron: 0.19mg (1.04%)