



## Easy Entertaining Platter

READY IN



10 min.

SERVINGS



10

CALORIES



323 kcal

SIDE DISH

### Ingredients

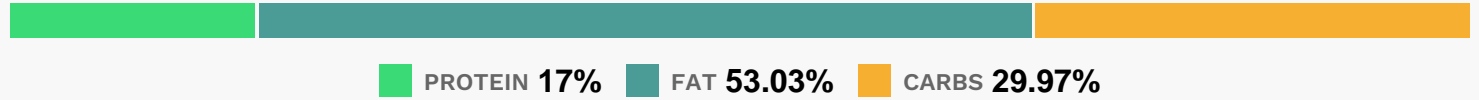
- 16 oz cherry tomatoes
- 8 oz philadelphia chive & onion
- 6 oz cracker cuts colby and monterey jack cheese kraft
- 9 oz oscar mayer deli ham smoked fresh
- 8 oz sugar snap peas
- 9.5 oz woven wheat crackers

### Equipment

## Directions

- Spoon reduced-fat cream cheese into serving dish; place on large platter.
- Surround with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:8.9739130942718%

## Flavonoids

Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 323.07kcal (16.15%), Fat: 19.06g (29.32%), Saturated Fat: 9g (56.24%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 21.6g (7.85%), Sugar: 6.25g (6.94%), Cholesterol: 46.04mg (15.35%), Sodium: 713.87mg (31.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.5%), Vitamin C: 23.95mg (29.03%), Calcium: 176.42mg (17.64%), Vitamin A: 852.87IU (17.06%), Phosphorus: 157.06mg (15.71%), Vitamin B1: 0.21mg (13.75%), Selenium: 8.64µg (12.35%), Fiber: 2.63g (10.52%), Iron: 1.76mg (9.79%), Vitamin B6: 0.18mg (9.13%), Vitamin B2: 0.15mg (8.72%), Zinc: 1.24mg (8.26%), Vitamin B3: 1.53mg (7.66%), Vitamin K: 7.4µg (7.05%), Potassium: 238.82mg (6.82%), Manganese: 0.11mg (5.43%), Vitamin B12: 0.3µg (5.07%), Folate: 19.25µg (4.81%), Magnesium: 18.8mg (4.7%), Copper: 0.08mg (4.01%), Vitamin B5: 0.38mg (3.81%), Vitamin E: 0.48mg (3.21%), Vitamin D: 0.28µg (1.87%)