



Easy Salsa Snacks

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp philadelphia neufchatel cheese softened
- 6 ritz reduced fat crackers
- 2 Tbsp taco bellâ® & chunky salsa thick

Equipment

Directions

- Spread crackers with Neufchatel; top with salsa.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.38347826444584%

Nutrients (% of daily need)

Calories: 74.58kcal (3.73%), Fat: 1.5g (2.31%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 14.55g (5.29%), Sugar: 4.7g (5.23%), Cholesterol: 2.19mg (0.73%), Sodium: 160.09mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin A: 59.42IU (1.19%)