



Flatbread Crackers + Taramasalata



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



43 kcal

Ingredients

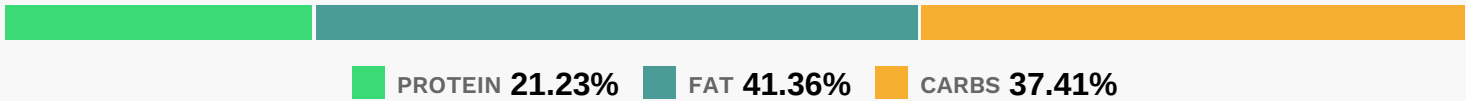
- ☐ 0.5 cup taramasalata carp-caviar spread) light such as krinos brand (greek-style store-bought
- ☐ 24 round buttery crackers
- ☐ 0.3 cup cucumber chopped
- ☐ 24 dill sprigs

Equipment

Directions

Top each cracker with 1 teaspoon taramasalata. Top each with 1/2 teaspoon chopped cucumber and a dill sprig.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:2.7295652083729%

Flavonoids

Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 43.23kcal (2.16%), Fat: 1.97g (3.03%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.81g (1.39%), Sugar: 0.53g (0.59%), Cholesterol: 6.51mg (2.17%), Sodium: 59.03mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.55%), Vitamin D: 2.43µg (16.23%), Phosphorus: 59.19mg (5.92%), Manganese: 0.06mg (3.19%), Vitamin A: 159.31IU (3.19%), Vitamin K: 3.21µg (3.06%), Iron: 0.53mg (2.94%), Vitamin B1: 0.04mg (2.66%), Vitamin B12: 0.15µg (2.51%), Vitamin B3: 0.49mg (2.43%), Vitamin C: 1.95mg (2.36%), Folate: 9.19µg (2.3%), Selenium: 1.52µg (2.17%), Vitamin E: 0.27mg (1.82%), Calcium: 17.83mg (1.78%), Potassium: 58.49mg (1.67%), Vitamin B2: 0.03mg (1.64%), Zinc: 0.21mg (1.37%), Vitamin B6: 0.03mg (1.37%), Magnesium: 5.43mg (1.36%), Vitamin B5: 0.11mg (1.11%)