



## Flower-Power RITZ

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



21 kcal

SIDE DISH

### Ingredients

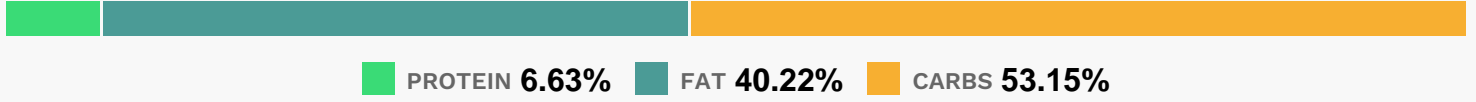
- 3 grape tomatoes cut into 4 slices each
- 0.8 tsp guacamole
- 3 sticks polly-o twists kraft
- 12 ritz crackers

### Equipment

### Directions

- Cut each stick of cheese crosswise into 20 slices.
- Arrange 5 of the string cheese slices on top each of cracker to resemble flower petals.
- Place 1 tomato slice in center of each "flower." Spoon guacamole evenly onto centers of flowers.

## Nutrition Facts



### Properties

Glycemic Index:16.1, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:0.73565217463867%

### Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 20.62kcal (1.03%), Fat: 0.93g (1.43%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 35.76mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin K: 2.32µg (2.21%), Manganese: 0.03mg (1.44%), Vitamin B1: 0.02mg (1.29%), Phosphorus: 11.71mg (1.17%), Vitamin B3: 0.23mg (1.15%), Vitamin E: 0.17mg (1.1%), Folate: 4.33µg (1.08%), Iron: 0.19mg (1.06%)