



## Fresh Mozzarella, Basil and Tomato on Town House Toppers™

READY IN



15 min.

SERVINGS



48

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup slivered basil fresh
- 48 keebler® town house toppers® original crackers
- 8 ounces mozzarella cheese fresh cut into 1/4-inch pieces
- 2 tablespoons green onions sliced
- 0.5 teaspoon coarse ground pepper black
- 0.1 teaspoon salt
- 3 tablespoons sun-dried tomato salad dressing
- 2 cups tomatoes seeded finely chopped

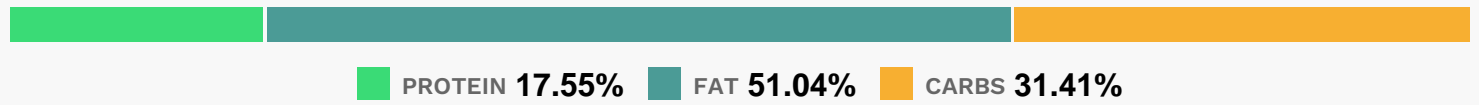
# Equipment

bowl

# Directions

- In medium bowl toss together tomatoes, cheese, basil, onions, pepper and salt.
- Drizzle with salad dressing. Toss to coat.
- Serve with crackers.

# Nutrition Facts



# Properties

Glycemic Index:4.77, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.2695652142815%

# Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

# Nutrients (% of daily need)

Calories: 31.02kcal (1.55%), Fat: 1.78g (2.73%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.58g (0.64%), Cholesterol: 3.73mg (1.24%), Sodium: 62.84mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin K: 3.3µg (3.15%), Calcium: 29.94mg (2.99%), Phosphorus: 27.71mg (2.77%), Vitamin A: 95.59IU (1.91%), Vitamin B12: 0.11µg (1.8%), Manganese: 0.04mg (1.75%), Vitamin B2: 0.02mg (1.43%), Selenium: 0.96µg (1.37%), Vitamin B1: 0.02mg (1.26%), Vitamin C: 1.04mg (1.26%), Zinc: 0.18mg (1.17%), Iron: 0.21mg (1.17%), Vitamin B3: 0.22mg (1.1%)