



Fruit & Cheese Bites

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



76 kcal

SIDE DISH

Ingredients

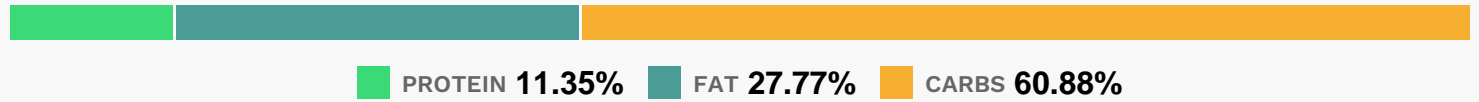
- 3 slices kiwi fruit
- 2 oz cracker barrel sharp cheddar cheese cut into 6 slices
- 3 slices strawberry
- 6 woven wheat crackers

Equipment

Directions

Top crackers with cheese and fruit.

Nutrition Facts



Properties

Glycemic Index:11.97, Glycemic Load:4.3, Inflammation Score:-4, Nutrition Score:8.3086956266476%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 12.38mg, Pelargonidin: 12.38mg, Pelargonidin: 12.38mg, Pelargonidin: 12.38mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 75.74kcal (3.79%), Fat: 2.51g (3.86%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 9.67g (3.52%), Sugar: 7.46g (8.29%), Cholesterol: 5.67mg (1.89%), Sodium: 49.06mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin C: 69.62mg (84.39%), Vitamin K: 22.99µg (21.9%), Manganese: 0.25mg (12.29%), Fiber: 2.69g (10.77%), Folate: 27.18µg (6.8%), Calcium: 67.67mg (6.77%), Vitamin E: 0.89mg (5.93%), Phosphorus: 56.28mg (5.63%), Potassium: 187.48mg (5.36%), Copper: 0.1mg (4.91%), Magnesium: 16.64mg (4.16%), Vitamin B6: 0.06mg (3.01%), Vitamin B2: 0.05mg (2.91%), Selenium: 1.91µg (2.73%), Zinc: 0.35mg (2.36%), Vitamin A: 109.77IU (2.2%), Iron: 0.37mg (2.06%), Vitamin B3: 0.4mg (1.97%), Vitamin B1: 0.03mg (1.88%), Vitamin B5: 0.18mg (1.84%)