



Fruit 'n Cheese Snack Mix

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 oz cheddar cheese cut into bite-size pieces kraft
- 0.3 cup grapes green seedless halved
- 0.3 cup strawberries quartered

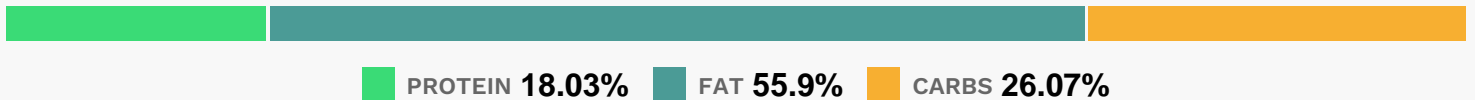
Equipment

- ziploc bags

Directions

- Place cheese in 1 side of resealable sandwich-size plastic bag; loosely tie pie cleaner or twist tie around middle of bag.
- Place fruit in other end of bag; seal bag, then twist pipe cleaner tightly to separate cheese from fruit.
- Curl ends of pipe cleaner to resemble antennae of a butterfly.
- Refrigerate until ready to serve. Untwist pipe cleaner, leaving bag sealed. Gently shake bag to mix fruit and cheese. Open bag and enjoy!

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:0.66086956210758%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 15.32kcal (0.77%), Fat: 0.98g (1.51%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.92g (0.34%), Sugar: 0.77g (0.86%), Cholesterol: 2.84mg (0.94%), Sodium: 18.65mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin C: 2.24mg (2.71%), Calcium: 21mg (2.1%), Phosphorus: 14.6mg (1.46%), Selenium: 0.82µg (1.17%)