



Fruit & Nut Bites

READY IN



5 min.

SERVINGS



5

CALORIES



19 kcal

SIDE DISH

Ingredients

- 1 tsp planters almonds toasted sliced
- 2 tsp philadelphia cream cheese spread
- 2 ritz crackers
- 1 tsp strawberry preserves

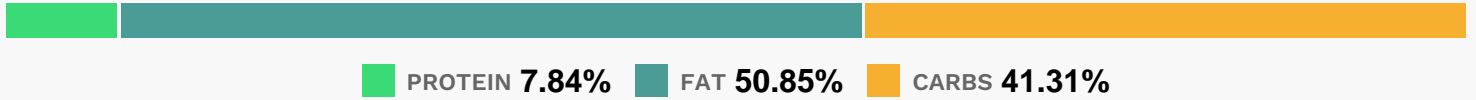
Equipment

Directions

- Spread crackers with cream cheese spread; top with preserves.

Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:0.45739130449036%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 19.32kcal (0.97%), Fat: 1.11g (1.7%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.87g (0.97%), Cholesterol: 1.22mg (0.41%), Sodium: 20.19mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin E: 0.25mg (1.66%), Manganese: 0.03mg (1.27%)