



## Fruit-Topped Crackers

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

### Ingredients

- 0.5 cup philadelphia cream cheese fat free
- 4 kiwis peeled thinly sliced
- 8 graham crackers low-fat (16 squares)

### Equipment

### Directions

- Spread grahams evenly with cream cheese.

Top with kiwi.

## Nutrition Facts

**PROTEIN 14.36%** **FAT 9.14%** **CARBS 76.5%**

### Properties

Glycemic Index:13.17, Glycemic Load:5.27, Inflammation Score:-4, Nutrition Score:10.039130537406%

### Flavonoids

Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 190.8kcal (9.54%), Fat: 2.04g (3.14%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 35.66g (12.97%), Sugar: 16.96g (18.84%), Cholesterol: 3.39mg (1.13%), Sodium: 374.51mg (16.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.41%), Vitamin C: 67.98mg (82.4%), Vitamin K: 36.73µg (34.98%), Phosphorus: 178.69mg (17.87%), Calcium: 131.01mg (13.1%), Fiber: 2.73g (10.92%), Folate: 33.55µg (8.39%), Vitamin E: 1.19mg (7.92%), Potassium: 258.71mg (7.39%), Copper: 0.13mg (6.61%), Vitamin B2: 0.1mg (5.74%), Magnesium: 20.77mg (5.19%), Manganese: 0.09mg (4.7%), Vitamin B12: 0.27µg (4.47%), Vitamin B5: 0.4mg (4.04%), Zinc: 0.55mg (3.67%), Vitamin B6: 0.07mg (3.48%), Vitamin B1: 0.04mg (2.39%), Selenium: 1.57µg (2.24%), Vitamin B3: 0.4mg (2.01%), Vitamin A: 94.14IU (1.88%), Iron: 0.27mg (1.51%)