



## Funny Face Cheesers

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



22 kcal

SIDE DISH

### Ingredients

- 2 Tbsp cheez whiz cheese dip
- 0.5 cup cut-up vegetables fresh assorted (broccoli, carrots, bell peppers and cherry tomatoes)
- 1 grain muffin whole split english toasted

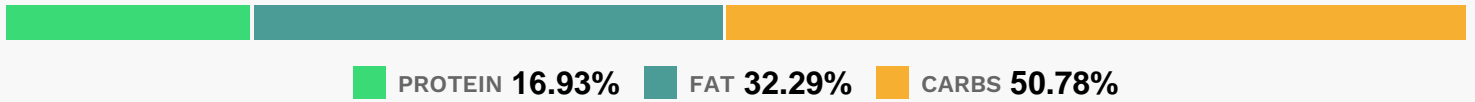
### Equipment

### Directions

- Spread muffin halves evenly with CHEEZ WHIZ.

Decorate each half with vegetables to resemble funny face.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4217391065929%

### Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 22.02kcal (1.1%), Fat: 0.82g (1.26%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.46g (0.89%), Sugar: 0.87g (0.96%), Cholesterol: 2.47mg (0.82%), Sodium: 75.62mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Manganese: 0.11mg (5.49%), Phosphorus: 44.76mg (4.48%), Selenium: 2.33µg (3.33%), Calcium: 27.77mg (2.78%), Vitamin C: 1.71mg (2.07%), Fiber: 0.44g (1.78%), Vitamin B1: 0.02mg (1.32%), Magnesium: 4.72mg (1.18%), Vitamin B3: 0.23mg (1.17%), Vitamin A: 58.13IU (1.16%), Iron: 0.2mg (1.09%), Zinc: 0.16mg (1.04%), Vitamin B2: 0.02mg (1.03%), Potassium: 36.13mg (1.03%)