



Ghost

 Popular

READY IN



5 min.

SERVINGS



1

CALORIES



88 kcal

SIDE DISH

Ingredients

- 1 Tbsp philadelphia cream cheese spread
- 3 raisins cut in half
- 3 ritz crackers

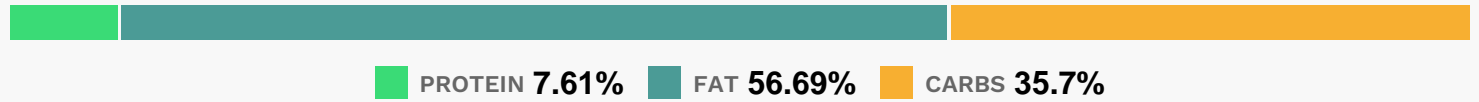
Equipment

Directions

- Spread 1 tsp. cream cheese spread in ghost shape on top of each cracker.

Add raisin piece for each eye.

Nutrition Facts



Properties

Glycemic Index:58.8, Glycemic Load:0.63, Inflammation Score:-1, Nutrition Score:1.4652173820397%

Nutrients (% of daily need)

Calories: 88.4kcal (4.42%), Fat: 5.56g (8.56%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 7.58g (2.75%), Sugar: 1.23g (1.37%), Cholesterol: 9.92mg (3.31%), Sodium: 154.04mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin K: 4.5µg (4.29%), Calcium: 33.48mg (3.35%), Vitamin A: 152IU (3.04%), Vitamin B1: 0.04mg (2.76%), Manganese: 0.05mg (2.63%), Phosphorus: 25.69mg (2.57%), Iron: 0.44mg (2.45%), Vitamin B3: 0.46mg (2.28%), Vitamin E: 0.31mg (2.09%), Folate: 6.53µg (1.63%), Vitamin B2: 0.03mg (1.56%), Fiber: 0.31g (1.24%)