



## Guacamole-Cheese Crisps

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



47 kcal

### Ingredients

- 1 cup cheddar cheese shredded with jalapeño peppers (from 8-oz package) mexican-style finely
- 0.5 cup guacamole
- 3 tablespoons cream sour
- 3 tablespoons salsa thick

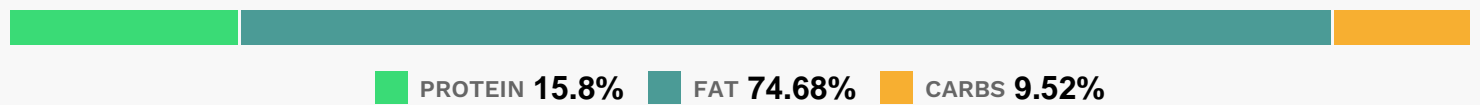
### Equipment

- baking sheet
- baking paper
- oven
- wire rack

## Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper. For each cheese crisp, spoon 1 tablespoon cheese (loosely packed) onto paper-lined cookie sheet; pat into 1 1/2-inch round.
- Bake 6 to 8 minutes or until edges are light golden brown. Immediately remove from cookie sheet to wire rack. Cool 5 minutes or until crisp.
- Onto each cheese crisp, spoon 1 1/2 teaspoons guacamole and about 1/2 teaspoon each sour cream and salsa.

## Nutrition Facts



## Properties

Glycemic Index:4.19, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.7152173972648%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

## Nutrients (% of daily need)

Calories: 46.64kcal (2.33%), Fat: 3.99g (6.14%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.27g (0.3%), Cholesterol: 8.39mg (2.8%), Sodium: 67.11mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Calcium: 53.98mg (5.4%), Phosphorus: 39.08mg (3.91%), Selenium: 2.14µg (3.06%), Vitamin B2: 0.05mg (2.71%), Fiber: 0.58g (2.31%), Vitamin A: 110.59IU (2.21%), Zinc: 0.32mg (2.15%), Folate: 8.07µg (2.02%), Vitamin K: 1.97µg (1.88%), Vitamin E: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.56%), Potassium: 53.88mg (1.54%), Vitamin B5: 0.15mg (1.51%), Vitamin B12: 0.08µg (1.33%), Magnesium: 4.85mg (1.21%), Vitamin C: 0.86mg (1.04%)