



## Ham and Cheddar Snacks

READY IN



20 min.

SERVINGS



20

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

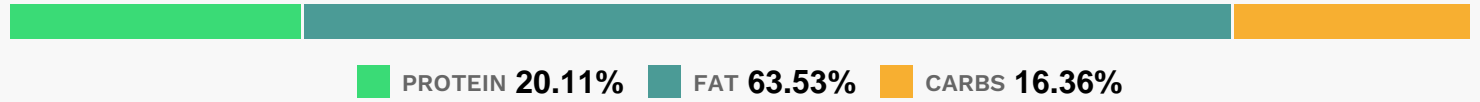
- 2 Tbsp grey poupon dijon mustard
- 4 slices oscar mayer ham smoked
- 0.3 cup olive black pitted
- 24 ritz crackers
- 5 oz cracker barrel sharp cheddar cheese ()

## Equipment

## Directions

- Cut cheese into 12 slices; cut each slice diagonally in half.
- Cut each ham slice into 6 pieces.
- Top each cracker with 1 ham piece, 1/4 tsp. mustard, 1 cheese triangle and 1 olive slice.

## Nutrition Facts



### Properties

Glycemic Index:2.95, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.0086956572435%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

### Nutrients (% of daily need)

Calories: 63.6kcal (3.18%), Fat: 4.49g (6.91%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.35g (0.39%), Cholesterol: 10.56mg (3.52%), Sodium: 187.4mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Calcium: 57.87mg (5.79%), Selenium: 3.97µg (5.67%), Phosphorus: 55.96mg (5.6%), Vitamin B1: 0.05mg (3.65%), Vitamin B2: 0.05mg (3.19%), Zinc: 0.42mg (2.82%), Vitamin B3: 0.44mg (2.21%), Vitamin K: 2.02µg (1.92%), Vitamin B12: 0.11µg (1.85%), Vitamin E: 0.27mg (1.79%), Vitamin A: 78.71IU (1.57%), Vitamin B6: 0.03mg (1.49%), Iron: 0.25mg (1.41%), Manganese: 0.03mg (1.36%), Magnesium: 4.57mg (1.14%), Folate: 4.4µg (1.1%)