



KRAFTÂ® Cracker Cuts Salsa Snack

READY IN



5 min.

SERVINGS



5

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp knudsen cream sour
- 18 ritz crackers
- 3 Tbsp taco bellâ® & chunky salsa thick
- 6 oz cracker cuts sharp cheddar cheese kraft

Equipment

Directions

- Top each cracker with 1 piece of cheese and 1/2 tsp. each salsa and sour cream.

Nutrition Facts

PROTEIN 17.17% FAT 66.21% CARBS 16.62%

Properties

Glycemic Index:5.4, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:6.1913043247617%

Nutrients (% of daily need)

Calories: 209.32kcal (10.47%), Fat: 15.49g (23.83%), Saturated Fat: 7.85g (49.06%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 8.31g (3.02%), Sugar: 1.65g (1.83%), Cholesterol: 38.27mg (12.76%), Sodium: 390.82mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.08%), Calcium: 267.45mg (26.74%), Phosphorus: 194.22mg (19.42%), Selenium: 10.49µg (14.98%), Vitamin B2: 0.19mg (11.42%), Zinc: 1.36mg (9.07%), Vitamin A: 437.57IU (8.75%), Vitamin K: 6.78µg (6.46%), Vitamin B12: 0.38µg (6.26%), Vitamin E: 0.79mg (5.27%), Vitamin B1: 0.06mg (4.19%), Folate: 15.78µg (3.95%), Manganese: 0.07mg (3.74%), Magnesium: 13.58mg (3.39%), Vitamin B3: 0.67mg (3.36%), Iron: 0.59mg (3.26%), Vitamin B6: 0.05mg (2.6%), Vitamin B5: 0.23mg (2.26%), Potassium: 75.91mg (2.17%), Fiber: 0.44g (1.77%), Copper: 0.03mg (1.65%), Vitamin D: 0.2µg (1.36%)