



Lemon-Shrimp Crackers

READY IN



5 min.

SERVINGS



1

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 dash lemon pepper seasoning
- 2 ritz crackers
- 2 small shrimp cleaned cooked
- 2 tsp philadelphia

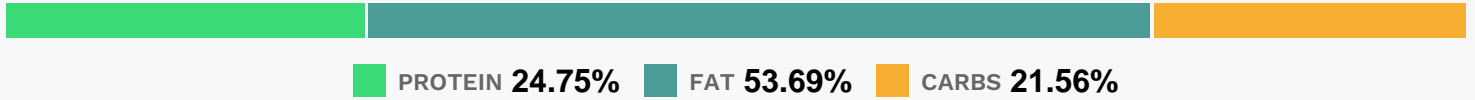
Equipment

Directions

- Spread crackers with reduced-fat cream cheese.

Top with shrimp and seasoning.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.9565217300602%

Nutrients (% of daily need)

Calories: 81.27kcal (4.06%), Fat: 4.89g (7.52%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 4.26g (1.55%), Sugar: 0.86g (0.96%), Cholesterol: 42.16mg (14.05%), Sodium: 107.69mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Phosphorus: 69.89mg (6.99%), Copper: 0.09mg (4.44%), Vitamin K: 3.37µg (3.21%), Calcium: 32.05mg (3.2%), Vitamin A: 132.94IU (2.66%), Manganese: 0.05mg (2.64%), Zinc: 0.36mg (2.37%), Magnesium: 9.2mg (2.3%), Vitamin B2: 0.04mg (2.28%), Iron: 0.39mg (2.18%), Potassium: 74.28mg (2.12%), Vitamin E: 0.3mg (1.97%), Vitamin B1: 0.03mg (1.93%), Selenium: 1.13µg (1.61%), Vitamin B3: 0.3mg (1.51%), Folate: 5.22µg (1.31%)