



## Little Pizzas

READY IN



5 min.

SERVINGS



1

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 Tbsp milk cheddar cheese shredded 2% kraft
- 3 slices pepperoni
- 3 woven wheat crackers

## Equipment

- microwave

## Directions

- Place crackers on microwaveable plate; top with cheese and pepperoni.

Microwave on HIGH 15 to 30 sec. or until cheese is melted.

## Nutrition Facts

**PROTEIN 15.35%** **FAT 65.1%** **CARBS 19.55%**

### Properties

Glycemic Index:55, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.8456521695075%

### Nutrients (% of daily need)

Calories: 91.68kcal (4.58%), Fat: 6.63g (10.2%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 4.09g (1.49%), Sugar: 0.79g (0.88%), Cholesterol: 14.32mg (4.77%), Sodium: 194.31mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Calcium: 64.83mg (6.48%), Selenium: 4.15µg (5.92%), Phosphorus: 48.41mg (4.84%), Vitamin B2: 0.05mg (3.11%), Zinc: 0.46mg (3.06%), Vitamin B12: 0.17µg (2.8%), Manganese: 0.04mg (1.83%), Vitamin A: 85.17IU (1.7%), Fiber: 0.38g (1.54%), Vitamin B3: 0.3mg (1.52%), Vitamin B6: 0.03mg (1.38%), Iron: 0.23mg (1.3%), Vitamin B1: 0.02mg (1.25%), Vitamin B5: 0.11mg (1.06%)