



## Memphis-Style Smoked Sausage and Cheese Topper

READY IN



20 min.

SERVINGS



20

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz cheddar cheese cut into 12 slices kraft ()
- 0.5 lb kielbasa cut into 24 slices
- 1 tsp paprika
- 24 ritz crackers

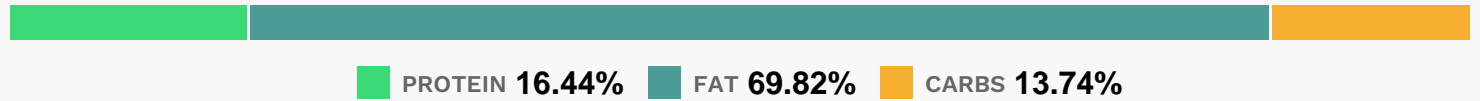
### Equipment

- microwave

## Directions

- Cut each cheese slice in half.
- Place 6 crackers on microwaveable plate; top each with 1 sausage slice and 1 cheese slice.
- Sprinkle lightly with paprika.
- Microwave on HIGH 10 to 15 sec. or until cheese begins to melt.
- Repeat with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.1008695389913%

## Nutrients (% of daily need)

Calories: 78.14kcal (3.91%), Fat: 6.03g (9.28%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.32g (0.36%), Cholesterol: 13.61mg (4.54%), Sodium: 168.25mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Selenium: 3.78µg (5.41%), Phosphorus: 51.58mg (5.16%), Vitamin B1: 0.07mg (4.99%), Calcium: 47.25mg (4.73%), Vitamin B2: 0.05mg (3.1%), Zinc: 0.45mg (3.03%), Vitamin B3: 0.58mg (2.9%), Vitamin B12: 0.17µg (2.85%), Vitamin A: 113.45IU (2.27%), Iron: 0.36mg (1.99%), Vitamin K: 2.03µg (1.93%), Vitamin B6: 0.03mg (1.5%), Manganese: 0.03mg (1.37%), Vitamin E: 0.2mg (1.34%), Potassium: 38.15mg (1.09%), Folate: 4.07µg (1.02%)