



PHILADELPHIA and Fruit-Topped RITZ

READY IN



10 min.

SERVINGS



1

CALORIES



176 kcal

SIDE DISH

Ingredients

- 2 Tbsp philadelphia pineapple cream cheese spread
- 0.5 cup fruit mixed fresh sliced (strawberries and kiwi)
- 5 ritz crackers

Equipment

Directions

- Spread crackers with cream cheese spread.
- Top with fruit.

Nutrition Facts

PROTEIN 7.98% FAT 53.74% CARBS 38.28%

Properties

Glycemic Index:40, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:6.5752174387807%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 176.2kcal (8.81%), Fat: 10.63g (16.36%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 15.26g (5.55%), Sugar: 5.73g (6.37%), Cholesterol: 19.84mg (6.61%), Sodium: 281.5mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin C: 42.34mg (51.32%), Manganese: 0.36mg (17.95%), Vitamin K: 9.08µg (8.65%), Calcium: 73.02mg (7.3%), Fiber: 1.78g (7.14%), Folate: 28.08µg (7.02%), Vitamin A: 312.64IU (6.25%), Phosphorus: 58.23mg (5.82%), Vitamin B1: 0.08mg (5.57%), Iron: 0.97mg (5.36%), Vitamin B3: 1.01mg (5.05%), Vitamin E: 0.73mg (4.88%), Potassium: 128.01mg (3.66%), Vitamin B2: 0.06mg (3.27%), Magnesium: 12.21mg (3.05%), Copper: 0.05mg (2.66%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.15mg (1.46%), Selenium: 0.98µg (1.4%), Zinc: 0.19mg (1.28%)