



Pickle Rye Toppers

READY IN



15 min.

SERVINGS



15

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

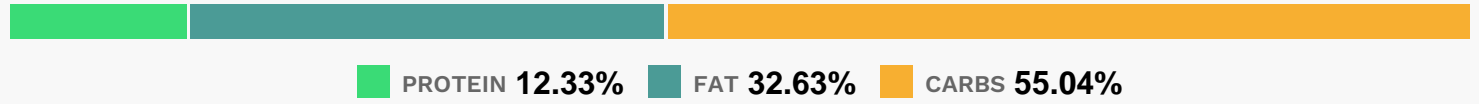
- 8 oz philadelphia chive & onion cream cheese spread
- 0.5 bell pepper green finely chopped
- 3 slices claussen garlic pickle wholes hearty thin
- 0.5 bell pepper red cut into thin small strips
- 1 lb cocktail rye bread
- 0.5 bell pepper yellow finely chopped

Equipment

Directions

- Spread each bread slice with about 1 tsp. cream cheese spread.
- Top evenly with pickles and red pepper strips.
- Sprinkle evenly with green and yellow peppers.

Nutrition Facts



Properties

Glycemic Index:6.29, Glycemic Load:6.79, Inflammation Score:-4, Nutrition Score:5.9800000449885%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 122.43kcal (6.12%), Fat: 4.43g (6.82%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 14.58g (5.3%), Sugar: 2.29g (2.55%), Cholesterol: 9.37mg (3.12%), Sodium: 503.34mg (21.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin C: 16.32mg (19.78%), Manganese: 0.28mg (13.88%), Selenium: 9.36µg (13.37%), Vitamin B1: 0.15mg (10.09%), Folate: 39µg (9.75%), Fiber: 2.25g (9%), Vitamin B2: 0.12mg (7.32%), Vitamin A: 349.29IU (6.99%), Vitamin B3: 1.28mg (6.38%), Calcium: 58.07mg (5.81%), Vitamin K: 6.06µg (5.77%), Iron: 0.98mg (5.42%), Phosphorus: 45.54mg (4.55%), Magnesium: 15.61mg (3.9%), Copper: 0.07mg (3.59%), Potassium: 108.64mg (3.1%), Vitamin B6: 0.06mg (3.02%), Zinc: 0.4mg (2.67%), Vitamin B5: 0.17mg (1.72%), Vitamin E: 0.21mg (1.43%)