



Pizza Bites

 Vegetarian

READY IN



6 min.

SERVINGS



6

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp oregano leaves dried
- 0.5 cup classico family favorites pasta sauce traditional
- 0.5 cup mozzarella cheese shredded kraft
- 24 woven wheat crackers

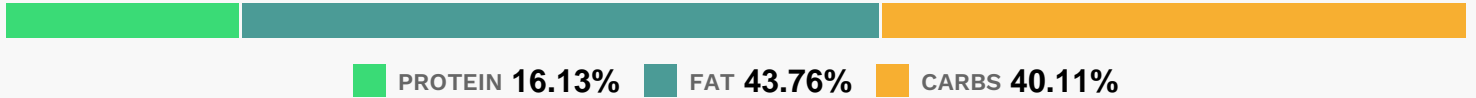
Equipment

- microwave

Directions

- Top crackers with remaining ingredients.
- Place 6 topped crackers on microwaveable plate. Microwave on HIGH 8 to 10 sec. or until cheese is melted. Repeat with remaining crackers.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:2.1165217601735%

Nutrients (% of daily need)

Calories: 69.38kcal (3.47%), Fat: 3.44g (5.29%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.15g (2.24%), Sugar: 1.85g (2.06%), Cholesterol: 7.37mg (2.46%), Sodium: 213.93mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Calcium: 59.58mg (5.96%), Phosphorus: 39mg (3.9%), Fiber: 0.95g (3.78%), Vitamin B12: 0.21µg (3.55%), Vitamin A: 156.6IU (3.13%), Iron: 0.53mg (2.97%), Vitamin K: 2.65µg (2.53%), Selenium: 1.72µg (2.46%), Vitamin E: 0.37mg (2.44%), Vitamin B2: 0.04mg (2.43%), Zinc: 0.33mg (2.17%), Potassium: 71.51mg (2.04%), Manganese: 0.04mg (1.98%), Vitamin C: 1.44mg (1.74%), Magnesium: 5.74mg (1.43%), Vitamin B6: 0.03mg (1.33%), Copper: 0.03mg (1.32%), Vitamin B3: 0.23mg (1.13%)