

Pretzel, Cheese & Salsa Appetizer

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz cheddar & monterey jack cheese cubes kraft
- 16 pretzel sticks thin
- 0.5 cup taco bellâ® & chunky salsa thick

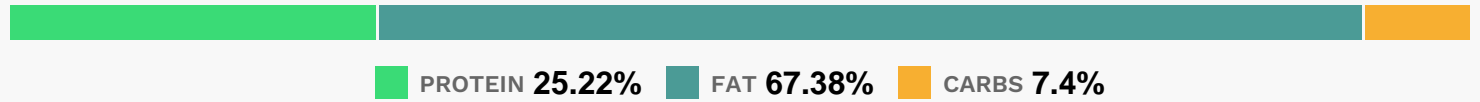
Equipment

Directions

- Insert pretzel sticks into cheese.

Serve as dippers with the salsa.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:3.0117391036904%

Nutrients (% of daily need)

Calories: 91.62kcal (4.58%), Fat: 6.92g (10.65%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.63g (0.7%), Cholesterol: 20.18mg (6.73%), Sodium: 231.87mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Calcium: 173.06mg (17.31%), Phosphorus: 105.94mg (10.59%), Vitamin B2: 0.1mg (5.61%), Selenium: 3.44µg (4.92%), Zinc: 0.72mg (4.77%), Vitamin A: 236.81IU (4.74%), Vitamin B12: 0.19µg (3.14%), Magnesium: 8.32mg (2.08%), Vitamin B6: 0.04mg (2.07%), Potassium: 53.8mg (1.54%), Folate: 6.14µg (1.53%), Vitamin E: 0.22mg (1.48%), Iron: 0.26mg (1.43%), Manganese: 0.03mg (1.25%), Vitamin K: 1.14µg (1.08%), Vitamin B3: 0.21mg (1.06%), Fiber: 0.26g (1.05%)