



Pretzel Pairing

READY IN



5 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

Ingredients

- 0.3 cup philadelphia caramel chocolate cream cheese spread white
- 12 pretzel crisps
- 2 Tbsp semi-sweet chocolate chips miniature

Equipment

Directions

- Spread pretzel crisps with cream cheese spread.
- Sprinkle with chocolate chips.

Nutrition Facts

PROTEIN 7.3% FAT 60.51% CARBS 32.19%

Properties

Glycemic Index:20.75, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:1.6747825929652%

Nutrients (% of daily need)

Calories: 90.13kcal (4.51%), Fat: 6.04g (9.29%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 6.52g (2.37%), Sugar: 3.26g (3.62%), Cholesterol: 9.25mg (3.08%), Sodium: 103.78mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.64g (3.28%), Manganese: 0.13mg (6.37%), Copper: 0.1mg (4.91%), Magnesium: 14.07mg (3.52%), Iron: 0.61mg (3.4%), Fiber: 0.7g (2.81%), Vitamin A: 138.53IU (2.77%), Phosphorus: 23.34mg (2.33%), Calcium: 22.49mg (2.25%), Zinc: 0.23mg (1.53%), Potassium: 49.22mg (1.41%), Folate: 5.43µg (1.36%), Vitamin B3: 0.22mg (1.1%), Selenium: 0.76µg (1.09%), Vitamin B1: 0.02mg (1.01%)