



Pronto Nacho Topper

READY IN



5 min.

SERVINGS



1

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp knudsen cream light sour
- 2 tsp taco bellâ® & chunky salsa thick
- 1 tsp milk four cheese shredded 2% mexican style kraft finely
- 2 large wheat snack crackers thin

Equipment

Directions

- Top crackers with remaining ingredients.

Nutrition Facts



■ PROTEIN 12.38% ■ FAT 48.21% ■ CARBS 39.41%

Properties

Glycemic Index:27, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.1652173957099%

Nutrients (% of daily need)

Calories: 39.2kcal (1.96%), Fat: 2.14g (3.3%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.51g (1.27%), Sugar: 0.89g (0.99%), Cholesterol: 5.79mg (1.93%), Sodium: 153.46mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Calcium: 35.1mg (3.51%), Vitamin B2: 0.05mg (2.91%), Phosphorus: 22.6mg (2.26%), Vitamin B6: 0.04mg (1.95%), Fiber: 0.43g (1.73%), Vitamin B12: 0.1µg (1.67%), Vitamin A: 81.24IU (1.62%), Selenium: 0.95µg (1.36%), Zinc: 0.18mg (1.21%), Potassium: 36.97mg (1.06%)