



RITZ Butterfly Toppers

READY IN



10 min.

SERVINGS



10

CALORIES



27 kcal

SIDE DISH

Ingredients

- 12 strips bell pepper green thin (1-)
- 3 small plum tomatoes cut into 4 slices each
- 12 ritz crackers
- 12 cracker cuts sharp cheddar cheese kraft

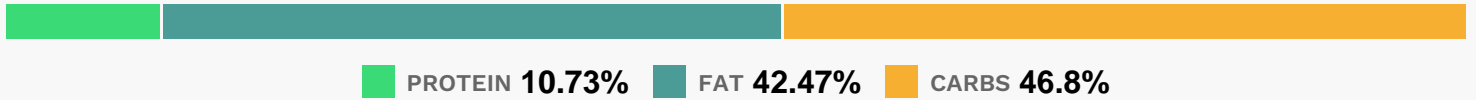
Equipment

- cookie cutter

Directions

- Cut cheese slices into circles using 1-1/2-inch round cookie cutter.
- Cut each circle in half; set aside. Reserve scraps for snacking or other use.
- Top each cracker with 1 tomato slice and 2 cheese pieces to resemble a butterfly and its wings.
- Place a pepper strip between each set of "wings" for the body.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:1.5582608608124%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 26.6kcal (1.33%), Fat: 1.29g (1.98%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.86g (0.96%), Cholesterol: 1.2mg (0.4%), Sodium: 40.63mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 5.15mg (6.25%), Vitamin A: 178.95IU (3.58%), Vitamin K: 3.54µg (3.37%), Manganese: 0.04mg (2.24%), Phosphorus: 20.44mg (2.04%), Vitamin B1: 0.03mg (1.67%), Vitamin E: 0.25mg (1.65%), Calcium: 16.21mg (1.62%), Potassium: 54.96mg (1.57%), Vitamin B3: 0.3mg (1.51%), Folate: 5.96µg (1.49%), Fiber: 0.36g (1.44%), Vitamin B6: 0.03mg (1.26%), Iron: 0.22mg (1.24%), Vitamin B2: 0.02mg (1.13%)