



RITZ Flower Blossom

READY IN



10 min.

SERVINGS



10

CALORIES



24 kcal

SIDE DISH

Ingredients

- 12 ritz crackers
- 12 cracker cuts sharp cheddar cheese kraft
- 3 cracker barrel cracker cuts vermont sharp-white cheddar cheese

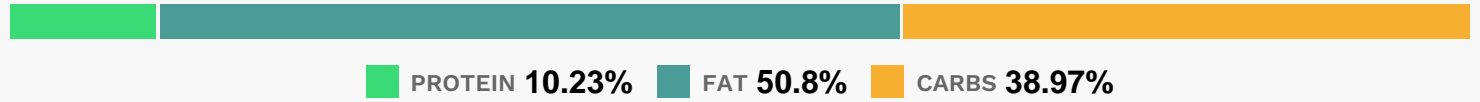
Equipment

- cookie cutter

Directions

- Cut sharp cheddar cheese slices into flower shapes using 1-1/2-inch cookie cutter; set aside. Reserve scraps for snacking or other use.
- Cut each white Cheddar cheese slice into four flower shapes using 3/8-inch cookie cutter. Reserve scraps for snacking or other use.
- Top each cracker with 1 large cheese flower and 1 small cheese flower.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.6447826123432%

Nutrients (% of daily need)

Calories: 23.83kcal (1.19%), Fat: 1.35g (2.07%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.24g (0.81%), Sugar: 0.3g (0.33%), Cholesterol: 1.5mg (0.5%), Sodium: 41.56mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin K: 1.84µg (1.75%), Phosphorus: 16.7mg (1.67%), Calcium: 16.15mg (1.61%), Vitamin B1: 0.02mg (1.09%)