



RITZ Pizza Snacks

READY IN



11 min.

SERVINGS



11

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp penzey's southwest seasoning dried italian
- 24 ritz crackers
- 0.5 cup mozzarella cheese shredded kraft
- 0.5 cup heinz tomato ketchup

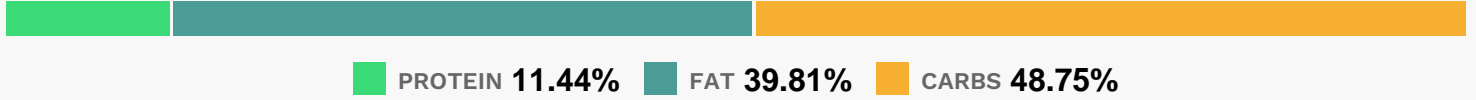
Equipment

- microwave

Directions

- Top crackers with remaining ingredients.
- Place 6 topped crackers on microwaveable plate. Microwave on HIGH 15 sec. or until cheese is melted.
- Repeat with remaining crackers.

Nutrition Facts



Properties

Glycemic Index:2.91, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.8726087037636%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 58.93kcal (2.95%), Fat: 2.67g (4.12%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 7.12g (2.59%), Sugar: 2.92g (3.24%), Cholesterol: 4.02mg (1.34%), Sodium: 188.64mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin K: 4.73µg (4.51%), Calcium: 40.04mg (4%), Phosphorus: 38.97mg (3.9%), Vitamin B2: 0.05mg (2.98%), Vitamin E: 0.43mg (2.85%), Manganese: 0.06mg (2.79%), Vitamin B3: 0.49mg (2.44%), Iron: 0.41mg (2.3%), Vitamin B1: 0.03mg (2.13%), Vitamin B12: 0.12µg (1.93%), Vitamin A: 93.16IU (1.86%), Selenium: 1.25µg (1.79%), Folate: 6.44µg (1.61%), Zinc: 0.21mg (1.41%), Potassium: 44.37mg (1.27%), Vitamin B6: 0.02mg (1.24%), Magnesium: 4.12mg (1.03%), Fiber: 0.25g (1.01%)