



## RITZ Snackers

READY IN



5 min.

SERVINGS



5

CALORIES



7 kcal

SIDE DISH

### Ingredients

- 1 square cracker barrel cracker cuts colby & monterey jack cheese
- 2 ritz crackers
- 1 tsp roasted pepper strips red thin

### Equipment

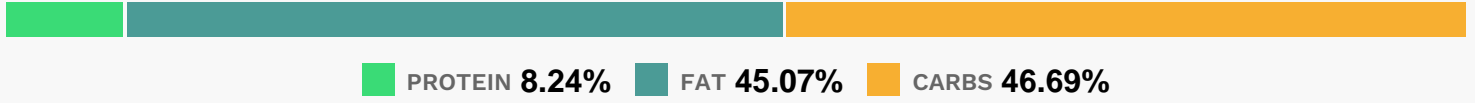
- microwave

### Directions

- Cut cheese diagonally in half; place 1 half on each cracker.

- Place on microwaveable plate; top with peppers.
- Microwave on HIGH 15 to 30 sec. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.22782608623738%

## Nutrients (% of daily need)

Calories: 6.87kcal (0.34%), Fat: 0.35g (0.53%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.1g (0.11%), Cholesterol: 0.19mg (0.06%), Sodium: 25.29mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%)