



RITZ Spring Flower

READY IN



5 min.

SERVINGS



5

CALORIES



73 kcal

SIDE DISH

Ingredients

- 12 slices oscar mayer pepperoni
- 3 pimento-stuffed olives green cut into 4 slices each
- 12 ritz crackers
- 12 cracker barrel cracker cuts vermont sharp-white cheddar cheese

Equipment

- cookie cutter

Directions

- Cut cheese slices into flower shapes using 1-1/2-inch cookie cutter. Reserve scraps for snacking or other use.
- Top each cracker with 1 pepperoni slice and 1 cheese flower.
- Place 1 olive slice in center of each flower.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.8365217447281%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 72.89kcal (3.64%), Fat: 5.08g (7.81%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.54g (1.65%), Sugar: 0.61g (0.67%), Cholesterol: 7.06mg (2.35%), Sodium: 192.48mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Phosphorus: 38.33mg (3.83%), Vitamin K: 3.97µg (3.78%), Selenium: 2.42µg (3.46%), Manganese: 0.07mg (3.38%), Vitamin B1: 0.05mg (3.07%), Calcium: 30.22mg (3.02%), Vitamin B3: 0.6mg (2.99%), Vitamin E: 0.41mg (2.73%), Vitamin B2: 0.04mg (2.48%), Iron: 0.4mg (2.23%), Zinc: 0.25mg (1.67%), Folate: 6µg (1.5%), Vitamin B12: 0.09µg (1.46%), Vitamin B6: 0.02mg (1.2%)