



RITZÂ® Caterpillar

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



29 kcal

SIDE DISH

Ingredients

- 2 tsp creamy peanut butter
- 1 tsp grape jelly or any other flavor
- 10 inch shoestring licorice
- 2 small round candies
- 5 ritz crackers

Equipment

Directions

- Spread 3 of the crackers with peanut butter; spread the remaining 2 crackers with jelly.
- Arrange crackers alternately on serving tray to resemble caterpillar, overlapping crackers slightly.
- Decorate with shoestring licorice and candies for the "caterpillar's legs," "antennae" and "eyes."

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:0.51826087393514%

Nutrients (% of daily need)

Calories: 28.77kcal (1.44%), Fat: 1.21g (1.87%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.96g (1.44%), Sugar: 1.77g (1.97%), Cholesterol: 0.03mg (0.01%), Sodium: 21.72mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Manganese: 0.03mg (1.59%), Vitamin B3: 0.29mg (1.43%), Vitamin E: 0.2mg (1.33%)