



RITZÂ® Ladybug

READY IN



5 min.

SERVINGS



5

CALORIES



25 kcal

SIDE DISH

Ingredients

- 2 tsp philadelphia cream cheese spread
- 0.3 tsp jelly
- 4 inch shoestring licorice black
- 4 ritz crackers

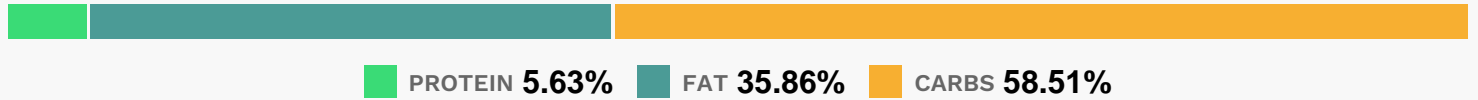
Equipment

Directions

- Spread each of 2 crackers with 1 tsp. of the cream cheese spread.

- Cut remaining crackers in half.
- Insert cut-sides of cracker halves, at a slight angle, into cream cheese spread to form the "ladybugs' wings."
- Place small drops of jelly on wings for the "ladybugs' spots."
- Add licorice for the "antennae."

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.34086956569682%

Nutrients (% of daily need)

Calories: 24.78kcal (1.24%), Fat: 0.98g (1.51%), Saturated Fat: 0.41g (2.53%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.56g (1.29%), Sugar: 1.24g (1.38%), Cholesterol: 1.22mg (0.41%), Sodium: 31.44mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin K: 1.2µg (1.14%)