



RITZ® Tulip

READY IN



5 min.

SERVINGS



1

CALORIES



89 kcal

SIDE DISH

Ingredients

- 2 pieces apple peel green
- 2 tsp philadelphia cream cheese spread
- 4 ritz crackers
- 2 small strawberry halves

Equipment

Directions

- Spread 2 of the crackers with cream cheese spread; top with 2 remaining crackers.

- Cut strawberry halves into a tulip shape; place 1 on top of each cracker sandwich.
- Cut apple peel to resemble stem and leaf shapes; insert into sides of cracker sandwiches.

Nutrition Facts

PROTEIN 7.06%

FAT 50.03%

CARBS 42.91%

Properties

Glycemic Index:72, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:2.5195652298305%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.48mg, Pelargonidin: 3.48mg, Pelargonidin: 3.48mg, Pelargonidin: 3.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 89.01kcal (4.45%), Fat: 4.97g (7.64%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 8.98g (3.27%), Sugar: 2.17g (2.42%), Cholesterol: 6.11mg (2.04%), Sodium: 151.74mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin C: 8.32mg (10.09%), Vitamin K: 6.35µg (6.05%), Manganese: 0.12mg (5.98%), Vitamin B1: 0.06mg (3.78%), Phosphorus: 36.34mg (3.63%), Iron: 0.6mg (3.31%), Calcium: 32.67mg (3.27%), Vitamin B3: 0.64mg (3.21%), Vitamin E: 0.46mg (3.09%), Folate: 12.06µg (3.02%), Fiber: 0.6g (2.42%), Vitamin B2: 0.04mg (2.08%), Vitamin A: 96.41IU (1.93%), Copper: 0.02mg (1.11%), Potassium: 37.84mg (1.08%), Magnesium: 4.2mg (1.05%)