



Salsa Cottage Snacks

 Vegetarian

READY IN



5 min.

SERVINGS



6

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup knudsen cottage cheese
- 0.3 cup taco bellâ® & chunky salsa thick
- 12 woven wheat crackers reduced-fat

Equipment

Directions

- Top crackers with cottage cheese and salsa.

Nutrition Facts



■ PROTEIN 18.34% ■ FAT 30.93% ■ CARBS 50.73%

Properties

Glycemic Index:4.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.78260868512418%

Nutrients (% of daily need)

Calories: 29.56kcal (1.48%), Fat: 1.04g (1.6%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.37g (1.23%), Sugar: 1.15g (1.28%), Cholesterol: 1.49mg (0.5%), Sodium: 127.91mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Fiber: 0.45g (1.8%), Phosphorus: 17.38mg (1.74%), Selenium: 0.95µg (1.35%), Vitamin A: 64.25IU (1.28%), Calcium: 12.7mg (1.27%), Vitamin B6: 0.02mg (1.15%), Potassium: 37.05mg (1.06%), Vitamin B2: 0.02mg (1.04%)