



Snappy Sausage and Cheddar Melts

READY IN



18 min.

SERVINGS



30

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 oz philadelphia cream cheese softened
- 1.5 cups extra sharp cheddar cheese shredded kraft
- 2 Tbsp pepper jelly red
- 1 lb spicy pork sausage hot crumbled cooked
- 9.5 oz woven rye crackers

Equipment

- baking sheet
- broiler

Directions

- Preheat broiler.
- Mix cream cheese, sausage and jelly until well blended.
- Spoon 1-1/2 tsp. of the cream cheese mixture onto each cracker; place on ungreased baking sheet.
- Sprinkle with cheddar cheese.
- Broil, 6 inches from heat, 2 to 3 minutes or until cheddar cheese is melted.

Nutrition Facts

PROTEIN 18.58% **FAT 57.35%** **CARBS 24.07%**

Properties

Glycemic Index:3.8, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:5.2595652652823%

Nutrients (% of daily need)

Calories: 104.88kcal (5.24%), Fat: 6.83g (10.5%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 4.41g (1.6%), Sugar: 0.21g (0.23%), Cholesterol: 18.45mg (6.15%), Sodium: 139.16mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Manganese: 0.6mg (30.19%), Phosphorus: 105.21mg (10.52%), Selenium: 6.34µg (9.06%), Fiber: 2.04g (8.17%), Zinc: 1.05mg (6.99%), Magnesium: 26.15mg (6.54%), Vitamin B3: 1.22mg (6.08%), Calcium: 48.21mg (4.82%), Vitamin B1: 0.07mg (4.73%), Vitamin B6: 0.09mg (4.45%), Vitamin B2: 0.08mg (4.42%), Iron: 0.76mg (4.2%), Copper: 0.08mg (3.76%), Vitamin B12: 0.19µg (3.21%), Potassium: 111.19mg (3.18%), Vitamin B5: 0.27mg (2.72%), Vitamin A: 113.73IU (2.27%), Vitamin D: 0.23µg (1.54%), Vitamin E: 0.22mg (1.49%), Vitamin C: 0.9mg (1.09%)