



Star of a RITZÂ

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



14 kcal

SIDE DISH

Ingredients

- 1 american cheese singles white kraft
- 1 slice oscar mayer beef bologna
- 4 ritz crackers

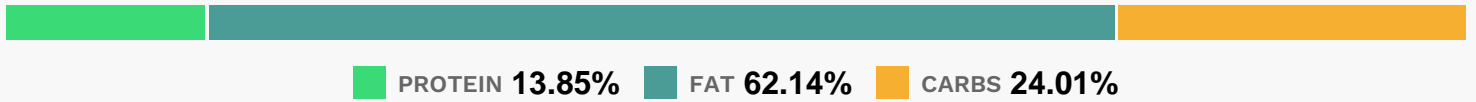
Equipment

Directions

- Cut 4 (1-1/2-inch) circles out of bologna slice, then cut 4 (1-1/4-inch) stars out of Singles.

Top each cracker with 1 bologna circle and 1 Singles star.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.44652174348417%

Nutrients (% of daily need)

Calories: 13.95kcal (0.7%), Fat: 0.97g (1.49%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.15g (0.16%), Cholesterol: 2.17mg (0.72%), Sodium: 45.74mg (1.99%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Calcium: 23.81mg (2.38%), Phosphorus: 16.9mg (1.69%)