



Stick with Mozzarella Snacks

READY IN



5 min.

SERVINGS



5

CALORIES



40 kcal

SIDE DISH

Ingredients

- 6 Tbsp classico family favorites pasta sauce traditional
- 12 ritz crackers
- 1 stick polly-o milk mozzarella string cheese 2% kraft

Equipment

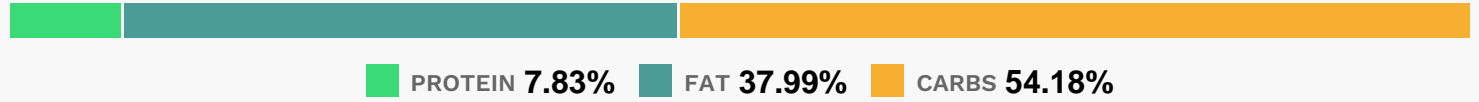
- microwave

Directions

- Cut cheese into six equal pieces.

- Arrange 6 of the crackers on microwaveable plate; top evenly with cheese.
- Microwave on HIGH 15 to 20 sec. or until cheese begins to melt. Cover with the remaining crackers.
- Serve with the sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:1.6582608857071%

Nutrients (% of daily need)

Calories: 40.03kcal (2%), Fat: 1.73g (2.65%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.1g (1.85%), Sugar: 1.23g (1.37%), Cholesterol: 0.04mg (0.01%), Sodium: 150.31mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin K: 4.11µg (3.91%), Vitamin E: 0.51mg (3.41%), Manganese: 0.06mg (2.91%), Iron: 0.5mg (2.75%), Vitamin B3: 0.53mg (2.65%), Phosphorus: 25.83mg (2.58%), Vitamin B1: 0.04mg (2.41%), Vitamin B2: 0.03mg (1.85%), Potassium: 62.24mg (1.78%), Fiber: 0.44g (1.76%), Folate: 6.82µg (1.71%), Vitamin A: 78.9IU (1.58%), Calcium: 15.53mg (1.55%), Vitamin C: 1.26mg (1.53%), Copper: 0.03mg (1.48%), Vitamin B6: 0.02mg (1.11%), Magnesium: 4.13mg (1.03%)