



## Strawberry-Balsamic Delight

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



57 kcal

SIDE DISH

### Ingredients

- 0.5 tsp heinz balsamic vinegar
- 6 cracked pepper and olive oil woven wheat crackers
- 2 strawberries fresh cut into 3 slices each
- 1 Tbsp philadelphia

### Equipment

### Directions

Spread crackers with cream cheese.

Top with remaining ingredients.

## Nutrition Facts

**PROTEIN 3.67%** **FAT 85.68%** **CARBS 10.65%**

### Properties

Glycemic Index:58.5, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:1.2643478305443%

### Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

### Nutrients (% of daily need)

Calories: 56.9kcal (2.85%), Fat: 5.53g (8.51%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.31g (0.48%), Sugar: 1.06g (1.17%), Cholesterol: 7.32mg (2.44%), Sodium: 23.25mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Vitamin C: 7.06mg (8.55%), Vitamin E: 0.53mg (3.53%), Manganese: 0.05mg (2.44%), Vitamin K: 2.22µg (2.12%), Vitamin A: 98.81IU (1.98%), Vitamin B2: 0.02mg (1.14%), Phosphorus: 10.89mg (1.09%)