



Sweet Dijon Cheddar & Pear Snacks

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

Ingredients

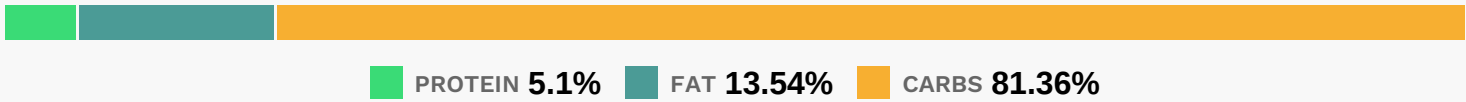
- ☐ 1 oz milk cheddar cheese 2% cut into 8 thin slices kraft
- ☐ 2 tsp grey poupon savory honey mustard
- ☐ 8 slices pears thin
- ☐ 8 woven wheat crackers

Equipment

Directions

Top crackers with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:12.5, Inflammation Score:-3, Nutrition Score:6.4773913842181%

Flavonoids

Cyanidin: 5.77mg, Cyanidin: 5.77mg, Cyanidin: 5.77mg, Cyanidin: 5.77mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg Epicatechin: 10.53mg, Epicatechin: 10.53mg, Epicatechin: 10.53mg, Epicatechin: 10.53mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 211.36kcal (10.57%), Fat: 3.44g (5.29%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 37.6g (13.67%), Sugar: 28.33g (31.48%), Cholesterol: 7.09mg (2.36%), Sodium: 90.93mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Fiber: 8.94g (35.74%), Vitamin C: 12.04mg (14.59%), Vitamin K: 12.49µg (11.9%), Copper: 0.23mg (11.6%), Potassium: 330.26mg (9.44%), Calcium: 77.71mg (7.77%), Manganese: 0.14mg (6.76%), Phosphorus: 66.06mg (6.61%), Vitamin B2: 0.1mg (6.12%), Magnesium: 21.51mg (5.38%), Folate: 21.09µg (5.27%), Vitamin B6: 0.09mg (4.3%), Zinc: 0.54mg (3.6%), Iron: 0.61mg (3.38%), Selenium: 2.29µg (3.27%), Vitamin A: 141.02IU (2.82%), Vitamin E: 0.39mg (2.59%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.45mg (2.27%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.08µg (1.25%)