



Swiss Broccoli Delight

 Vegetarian

READY IN



7 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

Ingredients

- 0.3 cup broccoli finely chopped
- 2 Tbsp philadelphia cream cheese softened
- 2 Tbsp bell pepper red finely chopped
- 0.3 cup swiss cheese shredded kraft
- 24 lightly woven wheat crackers salted

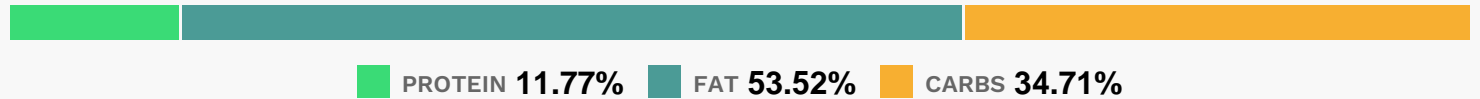
Equipment

- microwave

Directions

- Mix cream cheese, broccoli, Swiss cheese and red pepper until well blended.
- Spread 1 tsp. of the cream cheese mixture onto each cracker.
- Place 8 topped crackers on microwavable plate.
- Microwave on HIGH 20 to 25 seconds or until cheese begins to melt. Repeat with remaining topped crackers.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.4782608604949%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 54.25kcal (2.71%), Fat: 3.27g (5.03%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.27g (1.55%), Sugar: 1.04g (1.16%), Cholesterol: 6.8mg (2.27%), Sodium: 62.55mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin C: 5.43mg (6.58%), Calcium: 38.61mg (3.86%), Vitamin A: 166.62IU (3.33%), Vitamin K: 3.04µg (2.9%), Phosphorus: 25.67mg (2.57%), Fiber: 0.5g (2.02%), Selenium: 1.4µg (2%), Vitamin B12: 0.11µg (1.83%), Vitamin B2: 0.02mg (1.4%), Zinc: 0.18mg (1.22%)