

Tex-Mex Melts

READY IN



71 min.

SERVINGS



11

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp cilantro leaves chopped
- 1 Tbsp juice of lime
- 1 small onion chopped
- 1 Tbsp jalapeño peppers seeded finely chopped
- 0.3 cup milk four cheese shredded 2% mexican style kraft finely
- 1 large tomatoes chopped
- 36 woven wheat crackers

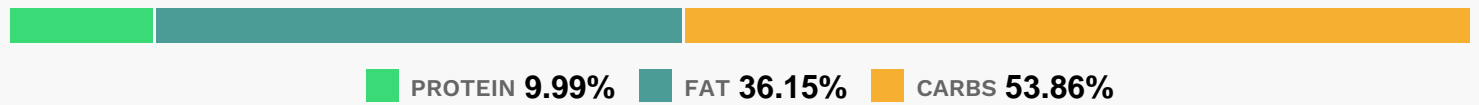
Equipment

microwave

Directions

- Combine first 5 ingredients. Refrigerate 1 hour.
- Top crackers with tomato mixture, adding about 2 Tbsp. to each; sprinkle with cheese.
- Place 6 topped crackers on microwaveable plate.
- Microwave on HIGH 15 sec. or until cheese begins to melt. Repeat with remaining topped crackers.

Nutrition Facts



Properties

Glycemic Index:12.18, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:1.4569565174372%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 44.28kcal (2.21%), Fat: 1.82g (2.8%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 6.1g (2.04%), Net Carbohydrates: 5.36g (1.95%), Sugar: 1.58g (1.76%), Cholesterol: 3.03mg (1.01%), Sodium: 87.94mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin C: 3.85mg (4.66%), Vitamin A: 161.05IU (3.22%), Fiber: 0.75g (2.99%), Calcium: 24.18mg (2.42%), Vitamin B2: 0.03mg (2.01%), Vitamin B6: 0.04mg (1.89%), Phosphorus: 17.7mg (1.77%), Vitamin K: 1.69µg (1.61%), Potassium: 54.07mg (1.54%), Manganese: 0.03mg (1.48%), Iron: 0.24mg (1.33%), Folate: 5.05µg (1.26%), Vitamin B1: 0.02mg (1.01%)