



## Toasted 2-Cheese Confetti Crackers

 **Gluten Free**

READY IN



**11 min.**

SERVINGS



**11**

CALORIES



**119 kcal**

### Ingredients

- 2 green onions finely chopped
- 0.5 cup mayo with olive oil reduced fat mayonnaise kraft
- 54 fire-roasted tomato and olive oil woven wheat crackers
- 0.5 cup parmesan cheese grated kraft
- 3 Tbsp pasilla peppers red chopped
- 1 cup milk mozzarella cheese shredded 2% kraft

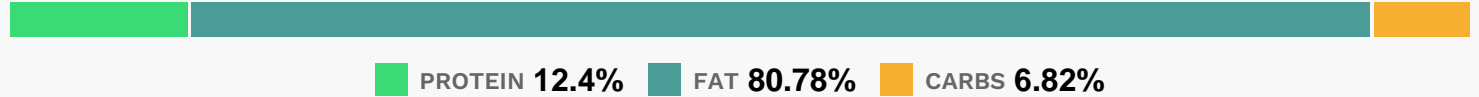
### Equipment

- baking sheet
- broiler

## Directions

- Heat broiler.
- Combine all ingredients except crackers.
- Spread onto crackers; place on baking sheet.
- Broil, 6 inches from heat, 1 min. or until cheese mixture is hot and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:8.27, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:2.9847825597162%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 118.67kcal (5.93%), Fat: 10.73g (16.51%), Saturated Fat: 3.07g (19.22%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.63g (0.7%), Cholesterol: 13.63mg (4.54%), Sodium: 228.14mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Vitamin K: 13.38µg (12.74%), Calcium: 94.01mg (9.4%), Vitamin E: 1.02mg (6.83%), Phosphorus: 67.86mg (6.79%), Selenium: 3.6µg (5.15%), Vitamin B12: 0.29µg (4.89%), Vitamin C: 3.66mg (4.43%), Vitamin A: 216.44IU (4.33%), Zinc: 0.52mg (3.44%), Vitamin B2: 0.05mg (2.85%), Magnesium: 4.57mg (1.14%)