



Tomato & Cheese Canapés

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



36 kcal

SIDE DISH

Ingredients

- 2 oz cracker barrel extra sharp cheddar cheese cut into 6 thin slices ()
- 12 small basil leaves fresh
- 6 grape tomatoes cut in half
- 12 large wheat snack crackers thin

Equipment

Directions

- Cut cheese slices diagonally in half.
- Top crackers with basil, cheese and tomatoes.

Nutrition Facts

PROTEIN 17.43% **FAT 57.98%** **CARBS 24.59%**

Properties

Glycemic Index:13.5, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.288260863527%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 35.78kcal (1.79%), Fat: 2.34g (3.59%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.59g (0.66%), Cholesterol: 5.67mg (1.89%), Sodium: 55.18mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Calcium: 43.4mg (4.34%), Vitamin A: 167.1IU (3.34%), Phosphorus: 28.68mg (2.87%), Vitamin K: 2.93µg (2.79%), Selenium: 1.61µg (2.29%), Vitamin C: 1.48mg (1.8%), Vitamin B2: 0.03mg (1.61%), Zinc: 0.23mg (1.53%), Fiber: 0.28g (1.13%)