



Tri-Color Pepper Cheese Melts

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp bell pepper green finely chopped
- 15 rosemary and olive oil woven wheat crackers
- 2 Tbsp pasilla peppers red finely chopped
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 2 Tbsp bell pepper yellow finely chopped

Equipment

- microwave

Directions

- Mix cheese and peppers. Spoon evenly onto crackers
- Place 8 of the topped crackers on microwaveable plate. Microwave on HIGH 10 to 15 sec. or just until cheese begins to melt. Repeat with the remaining topped crackers.
- Serve warm.

Nutrition Facts

PROTEIN 16.28% **FAT 78.25%** **CARBS 5.47%**

Properties

Glycemic Index:13.8, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.4982608802941%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 62.8kcal (3.14%), Fat: 5.53g (8.5%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.36g (0.4%), Cholesterol: 8.85mg (2.95%), Sodium: 70.62mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin C: 14.36mg (17.4%), Calcium: 57.62mg (5.76%), Vitamin A: 213.15IU (4.26%), Vitamin B12: 0.26µg (4.26%), Phosphorus: 42.22mg (4.22%), Vitamin E: 0.53mg (3.51%), Selenium: 1.92µg (2.74%), Vitamin K: 2.52µg (2.4%), Zinc: 0.35mg (2.32%), Vitamin B2: 0.04mg (2.16%), Vitamin B6: 0.03mg (1.47%)