



Turtle Cracker Critter

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



128 kcal

SIDE DISH

Ingredients

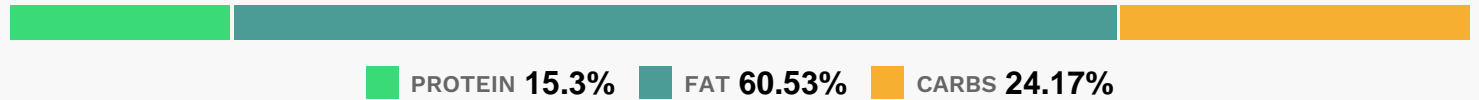
- 5 small celery pieces
- 1 cherry tomato half
- 1 stuffed olive green
- 1 deli deluxe process american cheese quartered kraft
- 2 ritz cheese crackers

Equipment

Directions

- Stack cheese pieces on 1 of the crackers; cover with remaining cracker to make sandwich.
- Top with tomato half, cut side down.
- Arrange carrots around crackers to form 4 "legs" and a "tail."
- Add olive slice for the "head."

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:7.9543477892876%

Flavonoids

Apigenin: 2.42mg, Apigenin: 2.42mg, Apigenin: 2.42mg, Apigenin: 2.42mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 128.19kcal (6.41%), Fat: 8.84g (13.61%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 6.2g (2.25%), Sugar: 2.55g (2.83%), Cholesterol: 21mg (7%), Sodium: 536.1mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin K: 28.98µg (27.6%), Calcium: 266.64mg (26.66%), Phosphorus: 176.31mg (17.63%), Vitamin A: 678.95IU (13.58%), Folate: 38.93µg (9.73%), Potassium: 294.6mg (8.42%), Vitamin C: 6.51mg (7.89%), Manganese: 0.15mg (7.32%), Selenium: 4.98µg (7.11%), Fiber: 1.75g (7%), Vitamin B2: 0.12mg (6.91%), Vitamin E: 0.85mg (5.7%), Vitamin B12: 0.31µg (5.25%), Zinc: 0.7mg (4.64%), Vitamin B6: 0.09mg (4.63%), Magnesium: 17.92mg (4.48%), Iron: 0.71mg (3.92%), Vitamin B1: 0.05mg (3.63%), Vitamin B3: 0.68mg (3.4%), Vitamin B5: 0.34mg (3.39%), Copper: 0.06mg (3.22%)