

Witches' Broom Snacks

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



30 kcal

SIDE DISH

Ingredients

- 12 pretzel sticks thin ()
- 0.3 cup sharp cheddar cheese (from 5-oz jar)
- 12 flour

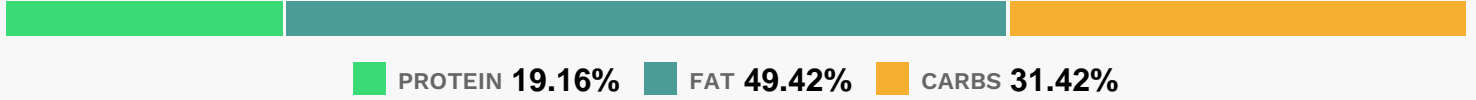
Equipment

- knife

Directions

- On end of each pretzel stick, shape 1 teaspoon cheese spread into 1-inch ball.
- With sharp knife, cut each cracker into long pieces. Press cracker pieces into cheese to resemble broom.
- Serve immediately, or refrigerate up to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:1.2169565317909%

Nutrients (% of daily need)

Calories: 30.08kcal (1.5%), Fat: 1.68g (2.59%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.16g (0.78%), Sugar: 0.05g (0.05%), Cholesterol: 4.71mg (1.57%), Sodium: 43.98mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Manganese: 0.09mg (4.59%), Selenium: 2.62µg (3.74%), Calcium: 34.25mg (3.43%), Phosphorus: 30.06mg (3.01%), Vitamin B2: 0.03mg (1.62%), Zinc: 0.24mg (1.57%), Magnesium: 4.32mg (1.08%), Vitamin B1: 0.02mg (1.06%)