



Amazing Apple Fries Snack or Sandwich



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

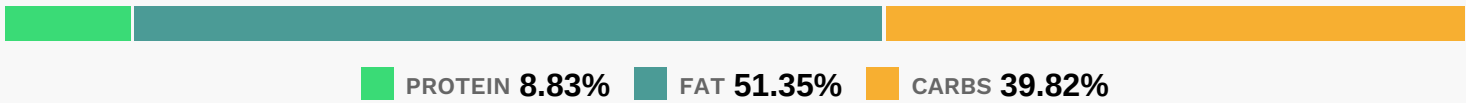
- ☐ 1 large apples
- ☐ 3 tablespoons all-natural creamy peanut butter divided for nut-free options (see post above)
- ☐ 1 tablespoons dairy-free granola (broken into small chunks)
- ☐ 1 tablespoon dairy-free chocolate chips mini
- ☐ 1 serving juice of lemon
- ☐ 1 8-inch tortillas gluten-free for suggestions (wheat or - see post above)

Equipment

Directions

- ☐ Lay the tortilla flat on a plate.
- ☐ Spread 2 tablespoons of the peanut butter in a 4-inch circle in the top center of tortilla (start about 2 inches down from top).
- ☐ Sprinkle the granola and chocolate chips on top of the peanut butter and lightly press in.
- ☐ Cut the apple into French fry shapes (about 1/4 to 1/2-inch wide, long pieces). If you won't be serving immediately, drizzle the apple slices with a squeeze of lemon juice and toss to coat.
- ☐ Lay the apple fries vertically on top of the peanut butter circle, stacking as necessary to fit them all in..
- ☐ Spread the remaining 1 tablespoon of peanut butter to line the bottom edges of the tortilla.Fold up the bottom half of the tortilla to cover half of apple fries. Take the right side of tortilla and fold in. Take left side and fold in as well, overlapping the right side. Dab some peanut butter to "glue" the sides together.To eat, pull out the apple fries one by one and/or eat like a sandwich.

Nutrition Facts



Properties

Glycemic Index:79.42, Glycemic Load:9.46, Inflammation Score:-6, Nutrition Score:15.378260933835%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 583.89kcal (29.19%), Fat: 36.56g (56.25%), Saturated Fat: 11.69g (73.07%), Carbohydrates: 63.8g (21.27%), Net Carbohydrates: 53.63g (19.5%), Sugar: 44.73g (49.7%), Cholesterol: 0mg (0%), Sodium: 221.74mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.3%), Fiber: 10.17g (40.66%), Manganese: 0.78mg (39.18%), Vitamin B3: 7.09mg (35.47%), Vitamin E: 5.17mg (34.5%), Magnesium: 93.17mg (23.29%), Vitamin C: 17.14mg (20.78%), Iron: 3.6mg (19.97%), Phosphorus: 188.45mg (18.84%), Vitamin B6: 0.35mg (17.32%), Potassium: 545.93mg (15.6%), Copper: 0.28mg (14.13%), Folate: 55.77µg (13.94%), Vitamin B2: 0.18mg (10.69%), Calcium: 102.35mg (10.23%), Zinc: 1.35mg (9.01%), Vitamin B1: 0.12mg (7.8%), Vitamin B5: 0.66mg (6.64%), Vitamin K: 5.05µg (4.81%), Vitamin A: 180.27IU (3.61%), Selenium: 2.33µg (3.33%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.18µg (1.2%)