



Ants on a Log



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



91 kcal

SIDE DISH

Ingredients



5 stalks celery



0.5 cup peanut butter



0.3 cup raisins

Equipment

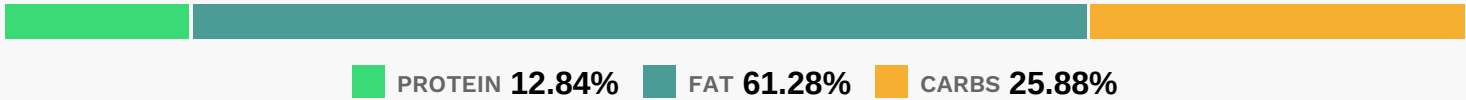
Directions



Cut the celery stalks in half.

- ☐ Spread with peanut butter.
- ☐ Sprinkle with raisins.

Nutrition Facts



Properties

Glycemic Index:10.48, Glycemic Load:1.93, Inflammation Score:-2, Nutrition Score:3.57869563932%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 90.54kcal (4.53%), Fat: 6.65g (10.22%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.13g (1.87%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 72.36mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Manganese: 0.22mg (10.97%), Vitamin B3: 1.82mg (9.1%), Vitamin E: 1.23mg (8.19%), Magnesium: 25.09mg (6.27%), Vitamin K: 5.9µg (5.62%), Phosphorus: 51.25mg (5.12%), Fiber: 1.19g (4.74%), Folate: 18.4µg (4.6%), Potassium: 154.66mg (4.42%), Vitamin B6: 0.08mg (3.94%), Copper: 0.07mg (3.61%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.36mg (2.4%), Iron: 0.36mg (1.98%), Vitamin B5: 0.19mg (1.88%), Vitamin A: 89.8IU (1.8%), Vitamin B1: 0.03mg (1.74%), Calcium: 15.34mg (1.53%)