



## Ants on a Log

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



164 kcal

SIDE DISH

### Ingredients

- 8 stalks celery
- 8 oz philadelphia honey pecan cream cheese spread
- 0.5 cup raisins

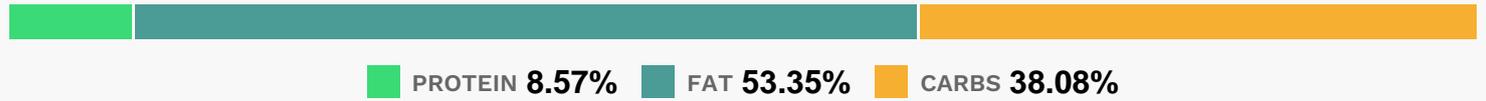
### Equipment

### Directions

- Fill celery with cream cheese spread.

Top with raisins.

## Nutrition Facts



### Properties

Glycemic Index:18.16, Glycemic Load:6.39, Inflammation Score:-5, Nutrition Score:4.2665217389231%

### Flavonoids

Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

### Nutrients (% of daily need)

Calories: 164.37kcal (8.22%), Fat: 10.02g (15.41%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.08g (5.12%), Sugar: 2.26g (2.52%), Cholesterol: 28.12mg (9.37%), Sodium: 265.73mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin K: 18.75µg (17.86%), Vitamin A: 718.27IU (14.37%), Calcium: 84.09mg (8.41%), Potassium: 286.02mg (8.17%), Fiber: 2.01g (8.04%), Folate: 23.48µg (5.87%), Manganese: 0.1mg (5.23%), Vitamin B6: 0.07mg (3.73%), Vitamin B2: 0.06mg (3.7%), Vitamin C: 2.77mg (3.35%), Copper: 0.07mg (3.31%), Magnesium: 11.39mg (2.85%), Iron: 0.5mg (2.8%), Phosphorus: 26.24mg (2.62%), Vitamin B1: 0.03mg (1.98%), Vitamin B3: 0.37mg (1.83%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.17mg (1.15%)