



Apple & Cheese Snacks

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



203 kcal

SIDE DISH

Ingredients

- 12 slices apples cut into quarters thin
- 10 servings ground cinnamon
- 6 milk singles 2% cut into quarters kraft
- 24 ritz reduced fat crackers

Equipment

Directions

Top crackers with 2% Milk Singles and apples.

Sprinkle with cinnamon.

Nutrition Facts

 PROTEIN **4.76%**  FAT **7.75%**  CARBS **87.49%**

Properties

Glycemic Index:3.7, Glycemic Load:4.8, Inflammation Score:-2, Nutrition Score:3.2704347282972%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 9.85mg, Epicatechin: 9.85mg, Epicatechin: 9.85mg, Epicatechin: 9.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 203.29kcal (10.16%), Fat: 1.89g (2.9%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 43.67g (15.88%), Sugar: 22.35g (24.83%), Cholesterol: 0.05mg (0.02%), Sodium: 207.76mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Manganese: 0.4mg (19.76%), Fiber: 4.2g (16.8%), Vitamin C: 6.09mg (7.39%), Potassium: 149.42mg (4.27%), Vitamin K: 3.5µg (3.34%), Calcium: 28.61mg (2.86%), Vitamin B6: 0.06mg (2.85%), Vitamin B2: 0.04mg (2.11%), Copper: 0.04mg (2.11%), Magnesium: 7.81mg (1.95%), Vitamin E: 0.28mg (1.88%), Iron: 0.32mg (1.8%), Phosphorus: 16.22mg (1.62%), Vitamin A: 77.14IU (1.54%), Vitamin B1: 0.02mg (1.53%), Folate: 4.07µg (1.02%)