



Apple Chips with Salted Caramel Yogurt Dip

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



1

CALORIES



378 kcal

SIDE DISH

Ingredients

- 1 large apples i use 2 granny smith apples
- 1 tablespoon mrs richardson's butterscotch caramel sauce fat-free
- 0.3 teaspoon sea salt
- 6 oz apples crisp yoplait®
- 2 tablespoons walnut pieces chopped

Equipment

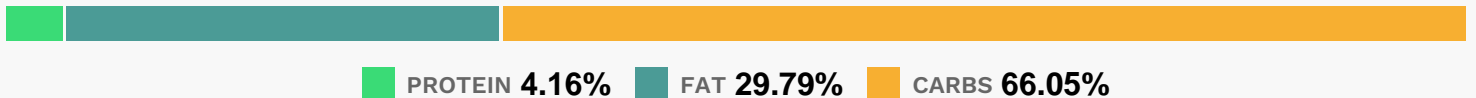
- bowl
- baking sheet

- baking paper
- oven
- knife
- microwave

Directions

- Heat oven to 275°F. Line cookie sheet with cooking parchment paper.
- Using sharp knife, cut apple into very thin slices (about 1/8 inch).
- Place on cookie sheet.
- Bake 30 minutes; quickly turn slices.
- Bake 30 to 40 minutes longer or until golden brown and crispy. Cool on cookie sheet (apples will continue to crisp up).
- Meanwhile, in small microwavable bowl, microwave caramel topping uncovered on High 30 seconds. Stir in salt.
- Place yogurt in small bowl, and drizzle with salted caramel. Top with chopped walnuts.
- Serve dip with apple chips.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:14.62, Inflammation Score:-6, Nutrition Score:10.918260817942%

Flavonoids

Cyanidin: 6.71mg, Cyanidin: 6.71mg, Cyanidin: 6.71mg, Cyanidin: 6.71mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 29.6mg, Epicatechin: 29.6mg, Epicatechin: 29.6mg, Epicatechin: 29.6mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 15.76mg, Quercetin: 15.76mg, Quercetin: 15.76mg, Quercetin: 15.76mg

Nutrients (% of daily need)

Calories: 378.41kcal (18.92%), Fat: 13.71g (21.09%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 68.39g (22.8%), Net Carbohydrates: 57.61g (20.95%), Sugar: 52.8g (58.67%), Cholesterol: 0mg (0%), Sodium: 653.9mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Fiber: 10.77g (43.1%), Manganese: 0.83mg (41.59%), Vitamin C: 18.44mg (22.35%), Copper: 0.42mg (21.23%), Potassium: 522.13mg (14.92%), Vitamin B6: 0.27mg (13.43%), Magnesium: 52.27mg (13.07%), Phosphorus: 120.24mg (12.02%), Vitamin B1: 0.14mg (9%), Vitamin K: 9.19µg (8.75%), Folate: 31.79µg (7.95%), Vitamin B2: 0.13mg (7.78%), Iron: 1.06mg (5.88%), Vitamin E: 0.86mg (5.72%), Calcium: 53.35mg (5.33%), Zinc: 0.78mg (5.18%), Vitamin A: 234.27IU (4.69%), Vitamin B5: 0.39mg (3.85%), Vitamin B3: 0.58mg (2.91%), Selenium: 1.24µg (1.77%)