



Apple Cinnamon Peanut Butter Dip



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



966 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

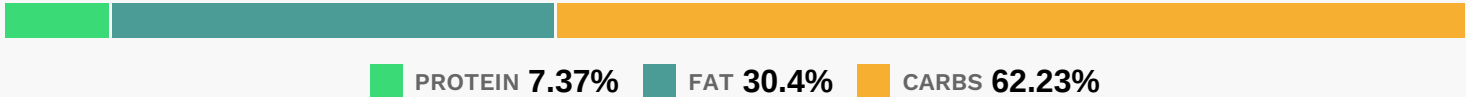
- ☐ 0.5 cup smucker's® orchard's fall harvest cinnamon apple preserves
- ☐ 0.3 cup jif® creamy peanut butter
- ☐ 1 serving honey wheat braided pretzels

Equipment

Directions

- ☐ Stir preserves and peanut butter until combined. Use as a dip for pretzels.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:64.97, Inflammation Score:-6, Nutrition Score:20.395217364249%

Nutrients (% of daily need)

Calories: 966.27kcal (48.31%), Fat: 33.86g (52.09%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 155.9g (51.97%), Net Carbohydrates: 148.63g (54.05%), Sugar: 89.22g (99.14%), Cholesterol: 0mg (0%), Sodium: 392.01mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.47g (36.94%), Manganese: 1.81mg (90.61%), Vitamin B3: 10.6mg (53%), Vitamin E: 6.08mg (40.53%), Magnesium: 124.81mg (31.2%), Fiber: 7.28g (29.1%), Phosphorus: 288.45mg (28.85%), Copper: 0.52mg (26.25%), Folate: 90.37µg (22.59%), Vitamin B6: 0.4mg (20.13%), Vitamin B2: 0.34mg (19.98%), Vitamin C: 15.26mg (18.5%), Potassium: 623.68mg (17.82%), Vitamin B1: 0.25mg (16.55%), Iron: 2.76mg (15.31%), Zinc: 1.93mg (12.84%), Vitamin B5: 0.96mg (9.61%), Selenium: 6.04µg (8.64%), Calcium: 74mg (7.4%)