



Apple Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



394 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8.6 ounce bars chocolate-coated caramel-peanut nougat candy snickers® (such as)
- ☐ 4 granny smith apples cut into bite-size pieces
- ☐ 5.1 ounce vanilla pudding mix instant
- ☐ 12 ounce non-dairy whipped topping frozen thawed

Equipment

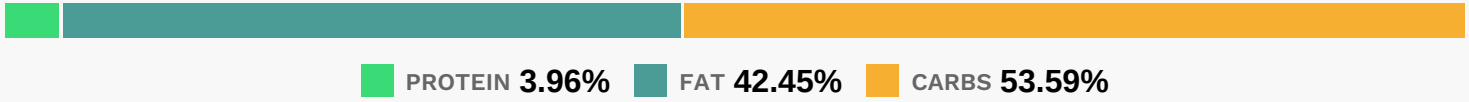
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐
- Freeze candy bars, transfer to a resealable plastic bag, and crush into small pieces with a hammer or mallet.

☐☐

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:5.78, Inflammation Score:-4, Nutrition Score:8.6626086649687%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 394.16kcal (19.71%), Fat: 18.85g (29%), Saturated Fat: 12.34g (77.16%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 47.92g (17.42%), Sugar: 41.18g (45.76%), Cholesterol: 1.77mg (0.59%), Sodium: 152.41mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.49mg (8.16%), Protein: 3.95g (7.9%), Manganese: 0.63mg (31.49%), Copper: 0.57mg (28.67%), Fiber: 5.63g (22.52%), Iron: 3.81mg (21.16%), Magnesium: 77.33mg (19.33%), Phosphorus: 136.14mg (13.61%), Potassium: 362.85mg (10.37%), Zinc: 1.1mg (7.31%), Calcium: 58.91mg (5.89%), Vitamin K: 5.6µg (5.33%), Vitamin B2: 0.09mg (5.19%), Vitamin C: 4.19mg (5.07%), Selenium: 3.27µg (4.66%), Vitamin E: 0.56mg (3.71%), Vitamin B6: 0.06mg (2.87%), Vitamin B12: 0.17µg (2.85%), Vitamin B1: 0.03mg (2.29%), Vitamin B3: 0.45mg (2.24%), Vitamin A: 92.55IU (1.85%), Vitamin B5: 0.18mg (1.83%)