

Apple Snicker Salad

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3.4 ounce butterscotch pudding mix instant
- ☐ 6 chocolate-coated caramel-peanut nougat candy bars cut into bite-size pieces snickers® (such as)
- ☐ 3 granny smith apples cored peeled cut into bite-size pieces
- ☐ 1 cup milk
- ☐ 6 ounce whipped cream topping cool whip® (such as)

Equipment

- ☐ bowl

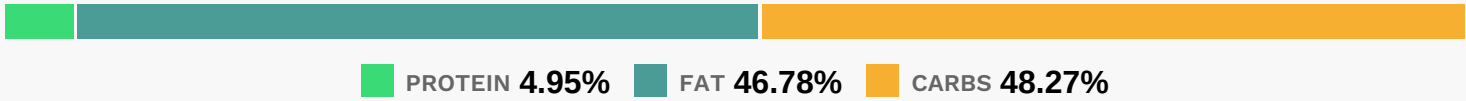
☐

whisk

Directions

- ☐ Whisk butterscotch pudding mix into milk in a bowl until dissolved.
- ☐ Stir whipped cream topping into pudding mixture.
- ☐ Fold the candy bar pieces into the pudding mixture.
- ☐ Fold the apples into the pudding mixture.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:3.09, Inflammation Score:-2, Nutrition Score:3.5591304418833%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 139.84kcal (6.99%), Fat: 7.41g (11.4%), Saturated Fat: 4.34g (27.13%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 15.2g (5.53%), Sugar: 12.43g (13.81%), Cholesterol: 10.22mg (3.41%), Sodium: 47.34mg (2.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.4mg (2.8%), Protein: 1.77g (3.53%), Manganese: 0.22mg (10.88%), Copper: 0.2mg (9.86%), Fiber: 2g (8%), Iron: 1.3mg (7.23%), Magnesium: 28.65mg (7.16%), Phosphorus: 61.08mg (6.11%), Potassium: 151.3mg (4.32%), Calcium: 39.51mg (3.95%), Zinc: 0.46mg (3.1%), Vitamin B2: 0.05mg (2.69%), Vitamin A: 120.05IU (2.4%), Vitamin B12: 0.14µg (2.38%), Vitamin C: 1.57mg (1.9%), Selenium: 1.21µg (1.72%), Vitamin K: 1.76µg (1.68%), Vitamin B6: 0.03mg (1.58%), Vitamin B5: 0.15mg (1.54%), Vitamin B1: 0.02mg (1.46%), Vitamin D: 0.21µg (1.4%), Vitamin E: 0.2mg (1.33%)