



Apple-Yogurt Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons nutlike cereal nuggets (such as Grape-Nuts)
- 1 teaspoon mint leaves fresh chopped
- 2 cups apples i use 2 granny smith apples chopped (1 large)
- 2 teaspoons honey
- 8 ounce carton vanilla yogurt fat-free

Equipment

- bowl

Directions

- Combine first 4 ingredients.
- Spoon mixture into bowls.
- Sprinkle each with cereal nuggets just before serving.

Nutrition Facts



PROTEIN 11.87% **FAT 7%** **CARBS 81.13%**

Properties

Glycemic Index:39.13, Glycemic Load:7.11, Inflammation Score:-5, Nutrition Score:7.5626087344211%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 115.6kcal (5.78%), Fat: 0.97g (1.49%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 22.43g (8.16%), Sugar: 18.57g (20.64%), Cholesterol: 2.84mg (0.94%), Sodium: 78.12mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 0.29mg (14.55%), Folate: 57.52µg (14.38%), Vitamin B2: 0.24mg (13.83%), Iron: 2.2mg (12.23%), Phosphorus: 116.77mg (11.68%), Fiber: 2.86g (11.45%), Vitamin B12: 0.67µg (11.17%), Calcium: 104.23mg (10.42%), Selenium: 6.69µg (9.55%), Vitamin B6: 0.18mg (8.88%), Vitamin B1: 0.13mg (8.7%), Magnesium: 29.22mg (7.3%), Vitamin B3: 1.36mg (6.78%), Potassium: 232.41mg (6.64%), Zinc: 0.87mg (5.82%), Vitamin A: 244.03IU (4.88%), Vitamin B5: 0.42mg (4.18%), Vitamin C: 3.35mg (4.07%), Copper: 0.06mg (3.13%), Vitamin D: 0.24µg (1.63%), Vitamin K: 1.54µg (1.46%), Vitamin E: 0.18mg (1.21%)