



Apricot Supreme



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



176 kcal

SIDE DISH

Ingredients

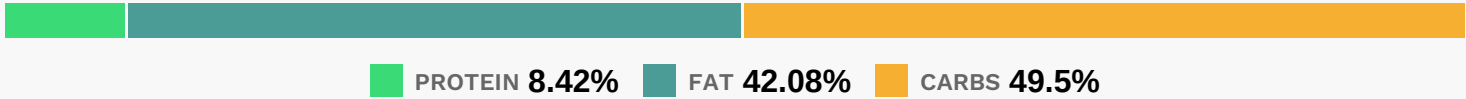
- ☐ 4 apricots dried
- ☐ 2 tablespoons cream cheese low-fat
- ☐ 4 pecan halves

Equipment

Directions

- ☐ Slice open apricots and stuff with cream cheese. Top each with a walnut or pecan half.

Nutrition Facts



Properties

Glycemic Index:43.4, Glycemic Load:5.93, Inflammation Score:-7, Nutrition Score:6.5630435360515%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 176.12kcal (8.81%), Fat: 8.79g (13.52%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 20.38g (7.41%), Sugar: 19.06g (21.17%), Cholesterol: 16.2mg (5.4%), Sodium: 110.9mg (4.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Vitamin A: 1322.02IU (26.44%), Manganese: 0.33mg (16.52%), Potassium: 468.26mg (13.38%), Fiber: 2.87g (11.49%), Vitamin E: 1.54mg (10.3%), Copper: 0.19mg (9.33%), Phosphorus: 83.83mg (8.38%), Calcium: 65.92mg (6.59%), Iron: 1.04mg (5.8%), Vitamin B2: 0.09mg (5.09%), Magnesium: 19.42mg (4.85%), Vitamin B5: 0.47mg (4.67%), Vitamin B3: 0.93mg (4.66%), Vitamin B12: 0.28µg (4.6%), Zinc: 0.55mg (3.66%), Vitamin B1: 0.05mg (3.58%), Vitamin B6: 0.07mg (3.55%), Selenium: 2.12µg (3.02%), Folate: 10.13µg (2.53%), Vitamin K: 1.52µg (1.45%)