

Cannoli Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large apples cut into 16 wedges
- 16 caramel wafer crisps thin
- 1 tablespoon chocolate dark divided grated
- 1 cup ricotta cheese fat-free
- 1 tablespoon honey
- 0.3 teaspoon vanilla

Equipment

- bowl

Directions

- In a bowl, stir the ricotta, honey, vanilla, and 2 1/2 tsp chocolate. Top with the remaining 1/2 tsp chocolate.
- Serve with the crisps and apple.

Nutrition Facts



Properties

Glycemic Index:43.07, Glycemic Load:24.61, Inflammation Score:-1, Nutrition Score:3.6452174108961%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 270.1kcal (13.5%), Fat: 4.93g (7.59%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 49.49g (16.5%), Net Carbohydrates: 47.74g (17.36%), Sugar: 39.21g (43.56%), Cholesterol: 12.75mg (4.25%), Sodium: 164.12mg (7.14%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 7.21g (14.43%), Calcium: 160.02mg (16%), Vitamin B2: 0.12mg (7.18%), Fiber: 1.76g (7.03%), Phosphorus: 63.51mg (6.35%), Manganese: 0.1mg (5.09%), Potassium: 175.16mg (5%), Magnesium: 18.27mg (4.57%), Copper: 0.09mg (4.53%), Vitamin B1: 0.05mg (3.47%), Vitamin C: 2.75mg (3.33%), Iron: 0.59mg (3.29%), Vitamin B5: 0.3mg (3.01%), Vitamin B6: 0.05mg (2.4%), Zinc: 0.33mg (2.23%), Vitamin B12: 0.13µg (2.17%), Vitamin K: 2.22µg (2.11%), Vitamin E: 0.31mg (2.04%), Selenium: 1.02µg (1.45%)