



Caramel Apple Dippers

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



332 kcal

SIDE DISH

Ingredients

- 4 slices apples thin
- 4 tsp philadelphia caramel chocolate cream cheese spread white
- 2 tsp planters lightly cocktail peanuts salted chopped

Equipment

Directions

- Top apple slices with remaining ingredients.

Nutrition Facts

PROTEIN 5.47% FAT 24.71% CARBS 69.82%

Properties

Glycemic Index:46.25, Glycemic Load:15.99, Inflammation Score:-6, Nutrition Score:9.7108694470447%

Flavonoids

Cyanidin: 6.85mg, Cyanidin: 6.85mg, Cyanidin: 6.85mg, Cyanidin: 6.85mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.67mg, Catechin: 5.67mg, Catechin: 5.67mg, Catechin: 5.67mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 32.83mg, Epicatechin: 32.83mg, Epicatechin: 32.83mg, Epicatechin: 32.83mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.83mg, Epigallocatechin 3-gallate: 0.83mg, Epigallocatechin 3-gallate: 0.83mg, Epigallocatechin 3-gallate: 0.83mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 17.48mg, Quercetin: 17.48mg, Quercetin: 17.48mg, Quercetin: 17.48mg

Nutrients (% of daily need)

Calories: 331.8kcal (16.59%), Fat: 9.9g (15.24%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 62.95g (20.98%), Net Carbohydrates: 51.55g (18.75%), Sugar: 45.96g (51.06%), Cholesterol: 12.22mg (4.07%), Sodium: 98.01mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Fiber: 11.4g (45.6%), Vitamin C: 20.06mg (24.31%), Manganese: 0.41mg (20.64%), Potassium: 539.86mg (15.42%), Vitamin B6: 0.21mg (10.65%), Copper: 0.21mg (10.32%), Magnesium: 40.33mg (10.08%), Vitamin B3: 1.97mg (9.83%), Vitamin B1: 0.14mg (9.38%), Folate: 36.74µg (9.18%), Vitamin K: 9.59µg (9.14%), Phosphorus: 86.21mg (8.62%), Vitamin A: 422.74IU (8.45%), Vitamin B2: 0.13mg (7.45%), Calcium: 60.27mg (6.03%), Vitamin E: 0.78mg (5.23%), Iron: 0.91mg (5.05%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.38mg (2.56%), Selenium: 0.71µg (1.01%)