



Cashew-and-Gingered-Apricot Sprinkles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



56 kcal

SIDE DISH

Ingredients

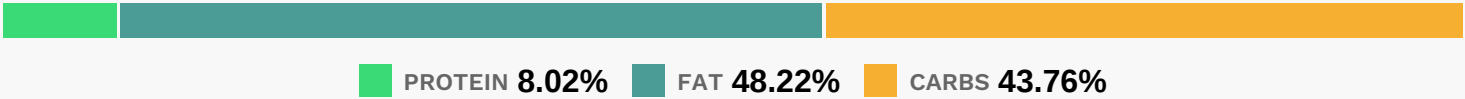
- ☐ 2 tablespoons crystallized ginger minced
- ☐ 0.3 cup apricots dried finely chopped
- ☐ 0.5 cup cashew pieces salted chopped

Equipment

Directions

- ☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:3.34, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:1.9982608888784%

Nutrients (% of daily need)

Calories: 56.19kcal (2.81%), Fat: 3.2g (4.92%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.01g (2.18%), Sugar: 4.17g (4.64%), Cholesterol: 0mg (0%), Sodium: 44.58mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Copper: 0.17mg (8.35%), Magnesium: 19.2mg (4.8%), Phosphorus: 36.64mg (3.66%), Manganese: 0.07mg (3.34%), Vitamin A: 156.17IU (3.12%), Iron: 0.53mg (2.92%), Zinc: 0.4mg (2.67%), Potassium: 88.97mg (2.54%), Vitamin K: 2.51µg (2.39%), Fiber: 0.52g (2.09%), Vitamin E: 0.25mg (1.67%), Folate: 5.16µg (1.29%), Selenium: 0.9µg (1.28%), Vitamin B6: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.06%), Vitamin B3: 0.21mg (1.04%)