



Chocolate-Granola Apple Wedges



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 large braeburn apple cut into 16 wedges



0.3 cup granola without raisins low-fat



2 ounces bittersweet chocolate finely chopped

Equipment



bowl

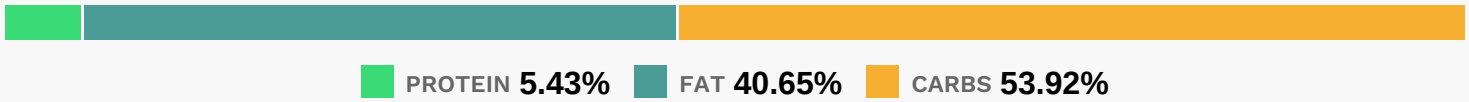


microwave

Directions

- ☐ Place chocolate in a medium microwave-safe bowl. Microwave at HIGH 1 minute, stirring every 15 seconds, or until chocolate melts.
- ☐ Place granola in a shallow dish. Dip apple wedges, skin side up, in chocolate; allow excess chocolate to drip back into bowl. Dredge wedges in granola.
- ☐ Place wedges, chocolate side up, on a large plate. Refrigerate 5 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:2.03, Inflammation Score:-2, Nutrition Score:4.7382608418879%

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: 158.54kcal (7.93%), Fat: 7.36g (11.32%), Saturated Fat: 3.36g (21.03%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 18.96g (6.89%), Sugar: 13.08g (14.53%), Cholesterol: 0.85mg (0.28%), Sodium: 5.33mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 2.21g (4.42%), Manganese: 0.48mg (23.99%), Fiber: 3g (12%), Copper: 0.22mg (11.07%), Magnesium: 36.99mg (9.25%), Iron: 1.4mg (7.81%), Phosphorus: 72.88mg (7.29%), Potassium: 179.47mg (5.13%), Selenium: 2.95µg (4.21%), Zinc: 0.6mg (4.01%), Vitamin E: 0.58mg (3.84%), Vitamin C: 2.57mg (3.12%), Vitamin B1: 0.05mg (3.04%), Vitamin K: 2.69µg (2.57%), Vitamin B2: 0.04mg (2.34%), Calcium: 20.88mg (2.09%), Vitamin B6: 0.04mg (1.99%), Vitamin B5: 0.13mg (1.34%), Vitamin B3: 0.27mg (1.33%), Folate: 5.13µg (1.28%)