



## Cinnamon Apple Delight

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



203 kcal

SIDE DISH

### Ingredients

- 1 apples cored cut into chunks
- 0.3 teaspoon ground cinnamon to taste
- 6 ounce nonfat greek yogurt
- 1 serving stevia powder to taste
- 0.3 teaspoon vanilla extract

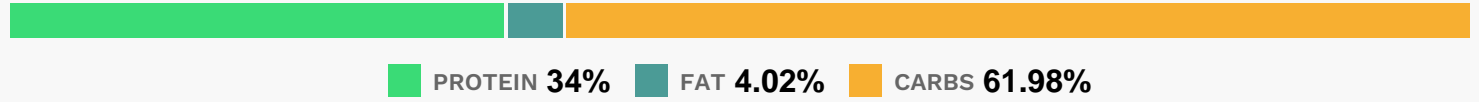
### Equipment

- bowl

# Directions

- Stir yogurt, vanilla extract, cinnamon, and stevia together in a small bowl.
- Add apples and toss to coat. Refrigerate for about 5 minutes before serving.

# Nutrition Facts



# Properties

Glycemic Index:37, Glycemic Load:6.65, Inflammation Score:-4, Nutrition Score:9.8256521846937%

# Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

# Nutrients (% of daily need)

Calories: 202.51kcal (10.13%), Fat: 0.95g (1.45%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 28.2g (10.26%), Sugar: 24.63g (27.36%), Cholesterol: 8.5mg (2.83%), Sodium: 63.19mg (2.75%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 18.01g (36.03%), Vitamin B2: 0.53mg (30.97%), Phosphorus: 251.73mg (25.17%), Selenium: 16.86µg (24.08%), Calcium: 204.85mg (20.48%), Vitamin B12: 1.19µg (19.84%), Fiber: 4.63g (18.53%), Potassium: 438.21mg (12.52%), Vitamin C: 8.39mg (10.17%), Vitamin B6: 0.18mg (9.23%), Manganese: 0.17mg (8.43%), Magnesium: 28.23mg (7.06%), Vitamin B5: 0.68mg (6.76%), Zinc: 0.98mg (6.56%), Vitamin B1: 0.07mg (4.57%), Folate: 17.4µg (4.35%), Copper: 0.08mg (4.02%), Vitamin K: 4.16µg (3.96%), Vitamin B3: 0.54mg (2.68%), Vitamin E: 0.36mg (2.37%), Vitamin A: 106.56IU (2.13%), Iron: 0.38mg (2.11%)