



Creamy Apple and Cinnamon Bites

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



132 kcal

SIDE DISH

Ingredients

- 5 slices apples thin
- 0.1 tsp cinnamon sugar
- 5 ritz reduced fat crackers
- 2 Tbsp philadelphia

Equipment

Directions

Spread crackers with reduced-fat cream cheese; top with apples.

Sprinkle with cinnamon sugar.

Nutrition Facts

PROTEIN 4.39% **FAT 18.28%** **CARBS 77.33%**

Properties

Glycemic Index:25.82, Glycemic Load:4.14, Inflammation Score:-2, Nutrition Score:1.9852174021628%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 131.56kcal (6.58%), Fat: 2.86g (4.4%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 24.59g (8.94%), Sugar: 15.27g (16.97%), Cholesterol: 5.86mg (1.95%), Sodium: 105.12mg (4.57%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.54g (3.09%), Fiber: 2.62g (10.46%), Vitamin C: 5.01mg (6.08%), Potassium: 124.29mg (3.55%), Vitamin A: 136.75IU (2.74%), Vitamin B2: 0.04mg (2.45%), Vitamin K: 2.52µg (2.4%), Vitamin B6: 0.05mg (2.4%), Manganese: 0.04mg (1.94%), Phosphorus: 18.2mg (1.82%), Vitamin E: 0.25mg (1.64%), Copper: 0.03mg (1.52%), Magnesium: 5.97mg (1.49%), Vitamin B1: 0.02mg (1.32%), Calcium: 12.17mg (1.22%)