



## Creamy Apple Bites

READY IN



5 min.

SERVINGS



5

CALORIES



88 kcal

SIDE DISH

### Ingredients

- 5 slices apples thin
- 2 Tbsp philadelphia cream cheese spread
- 0.1 tsp cinnamon sugar
- 5 ritz crackers

### Equipment

### Directions

- Spread crackers with cream cheese spread; top with apple slices.

Sprinkle with cinnamon sugar.

Serve immediately.

## Nutrition Facts

**PROTEIN 3.83%** **FAT 21.77%** **CARBS 74.4%**

### Properties

Glycemic Index:20.42, Glycemic Load:4.05, Inflammation Score:-2, Nutrition Score:2.1813043401293%

### 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: 87.72kcal (4.39%), Fat: 2.27g (3.49%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 14.76g (5.37%), Sugar: 11.88g (13.2%), Cholesterol: 3.97mg (1.32%), Sodium: 57.25mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Fiber: 2.68g (10.74%), Vitamin C: 5.01mg (6.08%), Vitamin K: 3.9µg (3.71%), Potassium: 120.2mg (3.43%), Manganese: 0.05mg (2.72%), Vitamin A: 119.66IU (2.39%), Vitamin B6: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.14%), Vitamin B1: 0.03mg (2.12%), Phosphorus: 20.18mg (2.02%), Vitamin E: 0.3mg (2.01%), Calcium: 18.84mg (1.88%), Copper: 0.03mg (1.66%), Magnesium: 6.02mg (1.5%), Iron: 0.26mg (1.47%), Folate: 5.43µg (1.36%), Vitamin B3: 0.25mg (1.23%)