



Creamy Apple Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 apples cored sliced
- ☐ 2 tablespoons peanut butter
- ☐ 8 ounce vanilla yogurt

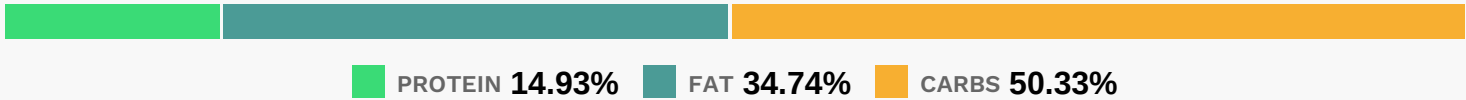
Equipment

- ☐ bowl

Directions

- ☐ Mix peanut butter and vanilla yogurt in a small bowl until smooth.
- ☐ Serve with the sliced apple.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:3.71, Inflammation Score:-4, Nutrition Score:9.0243478132331%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 239.23kcal (11.96%), Fat: 9.75g (15%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 28.82g (10.48%), Sugar: 26.79g (29.77%), Cholesterol: 5.67mg (1.89%), Sodium: 144.39mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.85%), Phosphorus: 217.34mg (21.73%), Calcium: 207.21mg (20.72%), Vitamin B2: 0.28mg (16.6%), Manganese: 0.27mg (13.55%), Potassium: 435.95mg (12.46%), Magnesium: 49.73mg (12.43%), Fiber: 2.95g (11.81%), Vitamin B3: 2.33mg (11.66%), Vitamin E: 1.64mg (10.96%), Vitamin B12: 0.6µg (10.02%), Zinc: 1.38mg (9.23%), Selenium: 6.21µg (8.88%), Vitamin B5: 0.85mg (8.51%), Vitamin B6: 0.16mg (7.97%), Folate: 28.96µg (7.24%), Vitamin C: 5.09mg (6.17%), Vitamin B1: 0.09mg (5.68%), Copper: 0.11mg (5.33%), Iron: 0.47mg (2.59%), Vitamin K: 2.16µg (2.06%), Vitamin A: 97.9IU (1.96%)