



## Crunchy Apple Rings

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



232 kcal

SIDE DISH

### Ingredients

- 1 medium apples cored cut into 6 rings
- 0.3 cup planters trail mix fruit & nut mix
- 2 Tbsp peanut butter

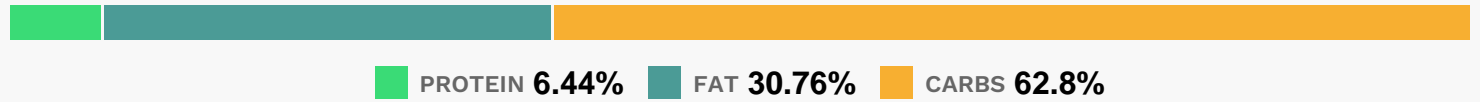
### Equipment

### Directions

- Spread one side of each apple ring evenly with peanut butter.

Sprinkle with trail mix.

## Nutrition Facts



### Properties

Glycemic Index:23, Glycemic Load:3.71, Inflammation Score:-3, Nutrition Score:5.1413043504176%

### 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: 231.86kcal (11.59%), Fat: 8.33g (12.82%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 34.05g (12.38%), Sugar: 25.31g (28.12%), Cholesterol: 0mg (0%), Sodium: 86.7mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Fiber: 4.22g (16.89%), Manganese: 0.27mg (13.32%), Vitamin B3: 2.21mg (11.05%), Vitamin E: 1.62mg (10.81%), Magnesium: 31.59mg (7.9%), Phosphorus: 64.25mg (6.43%), Iron: 1.07mg (5.96%), Vitamin C: 4.9mg (5.93%), Vitamin B6: 0.11mg (5.42%), Potassium: 187.61mg (5.36%), Calcium: 52.63mg (5.26%), Copper: 0.09mg (4.59%), Folate: 16.49µg (4.12%), Vitamin B2: 0.05mg (3.19%), Zinc: 0.44mg (2.95%), Vitamin B1: 0.04mg (2.5%), Vitamin B5: 0.23mg (2.25%), Vitamin K: 2.05µg (1.95%), Vitamin A: 71.62IU (1.43%)