



Delicious Nutty Apple Snack

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 apples cut into 8 wedges
- 2 Tbsp philadelphia cream cheese fat free
- 1 Tbsp planters roasted peanuts dry chopped

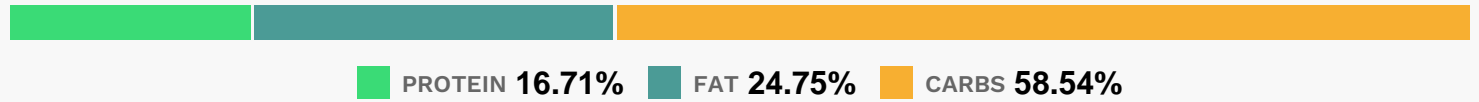
Equipment

Directions

- Spread apples with reduced-fat cream cheese.

Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:6.64, Inflammation Score:-4, Nutrition Score:7.7821738097979%

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: 191.14kcal (9.56%), Fat: 5.64g (8.68%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 30g (10%), Net Carbohydrates: 24.8g (9.02%), Sugar: 21.39g (23.77%), Cholesterol: 4.32mg (1.44%), Sodium: 295.54mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.13%), Phosphorus: 244.6mg (24.46%), Fiber: 5.21g (20.83%), Calcium: 143.08mg (14.31%), Manganese: 0.28mg (13.91%), Potassium: 358.22mg (10.23%), Vitamin C: 8.37mg (10.15%), Vitamin B2: 0.16mg (9.55%), Magnesium: 34.82mg (8.7%), Vitamin B3: 1.69mg (8.44%), Vitamin B6: 0.14mg (6.96%), Folate: 27.76µg (6.94%), Zinc: 0.89mg (5.93%), Vitamin B12: 0.34µg (5.7%), Vitamin B5: 0.55mg (5.53%), Vitamin E: 0.83mg (5.52%), Copper: 0.1mg (5.24%), Vitamin B1: 0.06mg (4.04%), Vitamin K: 4.08µg (3.88%), Selenium: 2.69µg (3.85%), Iron: 0.44mg (2.47%), Vitamin A: 117.36IU (2.35%)