



Double-Berry Graham Bites

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



130 kcal

SIDE DISH

Ingredients

- 12 blueberries
- 1 graham cracker low-fat
- 0.5 tsp honey
- 1 Tbsp philadelphia strawberry

Equipment

Directions

Spread graham squares with cream cheese.

Top with berries and honey.

Nutrition Facts

 **PROTEIN 6.03%**  **FAT 43.77%**  **CARBS 50.2%**

Properties

Glycemic Index:193.27, Glycemic Load:10.02, Inflammation Score:-2, Nutrition Score:2.2869565227757%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 4.92mg, Petunidin: 4.92mg, Petunidin: 4.92mg, Petunidin: 4.92mg Delphinidin: 5.53mg, Delphinidin: 5.53mg, Delphinidin: 5.53mg, Delphinidin: 5.53mg Malvidin: 10.54mg, Malvidin: 10.54mg, Malvidin: 10.54mg, Malvidin: 10.54mg Peonidin: 3.17mg, Peonidin: 3.17mg, Peonidin: 3.17mg, Peonidin: 3.17mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 129.64kcal (6.48%), Fat: 6.44g (9.91%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 15.76g (5.73%), Sugar: 8.19g (9.1%), Cholesterol: 14.65mg (4.88%), Sodium: 138.09mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Phosphorus: 45.81mg (4.58%), Vitamin B2: 0.07mg (4.39%), Vitamin A: 203.16IU (4.06%), Iron: 0.65mg (3.63%), Fiber: 0.86g (3.43%), Vitamin K: 3.32µg (3.16%), Vitamin B3: 0.61mg (3.06%), Manganese: 0.06mg (2.84%), Vitamin B1: 0.04mg (2.74%), Magnesium: 10.57mg (2.64%), Calcium: 26.27mg (2.63%), Zinc: 0.38mg (2.51%), Folate: 8.75µg (2.19%), Vitamin C: 1.53mg (1.86%), Selenium: 1.29µg (1.84%), Potassium: 57.75mg (1.65%), Vitamin B6: 0.03mg (1.55%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.1mg (1.04%)