



Dried Apricot Spiders

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



155 kcal

SIDE DISH

Ingredients

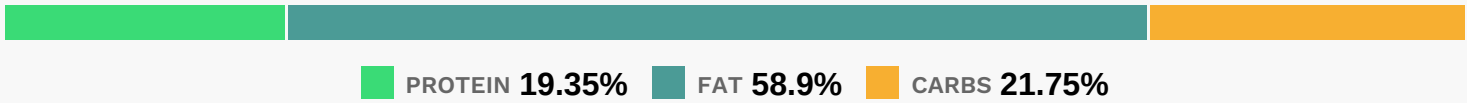
- ☐ 16 feet licorice rope cut into 2-inch pieces thin
- ☐ 8 ounce pineapple cream cheese
- ☐ 6 ounce apricots dried

Equipment

Directions

Spread half of apricots with pineapple cream cheese, and top with remaining apricots. Insert licorice pieces into filling to resemble spider legs.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:2.49, Inflammation Score:-5, Nutrition Score:3.4760869469332%

Nutrients (% of daily need)

Calories: 154.78kcal (7.74%), Fat: 10.31g (15.86%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 7.68g (2.79%), Sugar: 7.1g (7.89%), Cholesterol: 43.24mg (14.41%), Sodium: 73.52mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.23%), Vitamin A: 687.44IU (13.75%), Folate: 30.19µg (7.55%), Vitamin B2: 0.11mg (6.49%), Phosphorus: 52.52mg (5.25%), Calcium: 50.56mg (5.06%), Vitamin E: 0.75mg (5.01%), Potassium: 172.24mg (4.92%), Selenium: 2.81µg (4.02%), Copper: 0.08mg (3.86%), Fiber: 0.89g (3.55%), Iron: 0.63mg (3.51%), Vitamin B12: 0.19µg (3.1%), Zinc: 0.35mg (2.33%), Vitamin B3: 0.46mg (2.29%), Magnesium: 6.95mg (1.74%), Vitamin B1: 0.02mg (1.65%), Vitamin B5: 0.16mg (1.55%), Manganese: 0.03mg (1.52%), Vitamin B6: 0.03mg (1.48%)