



## Fresh Grape & Nut Snack

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp planters lightly nut-free almonds salted
- 0.5 cup grapes green seedless
- 1 dash ground cinnamon

### Equipment

### Directions

- Combine ingredients.

# Nutrition Facts

PROTEIN 8.76% FAT 37.35% CARBS 53.89%

## Properties

Glycemic Index:61, Glycemic Load:6.08, Inflammation Score:-2, Nutrition Score:5.7465217890947%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 112.46kcal (5.62%), Fat: 5.12g (7.88%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 14.17g (5.15%), Sugar: 12.16g (13.51%), Cholesterol: 0mg (0%), Sodium: 1.71mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Manganese: 0.46mg (22.84%), Vitamin E: 2.73mg (18.18%), Vitamin K: 11.34µg (10.8%), Copper: 0.2mg (10.11%), Vitamin B2: 0.17mg (9.84%), Fiber: 2.46g (9.84%), Magnesium: 32.88mg (8.22%), Phosphorus: 63.84mg (6.38%), Potassium: 221.82mg (6.34%), Vitamin B1: 0.07mg (4.85%), Calcium: 44.47mg (4.45%), Iron: 0.73mg (4.03%), Vitamin B6: 0.08mg (4.01%), Vitamin C: 2.45mg (2.97%), Vitamin B3: 0.52mg (2.59%), Zinc: 0.38mg (2.55%), Folate: 5.97µg (1.49%), Vitamin A: 52.88IU (1.06%)