



Fried Apple Biscuit



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



254 kcal

Ingredients



1 serving pancetta



1 sweet potato biscuit



1 serving thyme-scented fried apples

Equipment

Directions



Place Thyme-Scented Fried Apples and pancetta on a Sweet Potato Biscuit.

Nutrition Facts



 **PROTEIN 8.38%**  **FAT 19.97%**  **CARBS 71.65%**

Properties

Glycemic Index:103, Glycemic Load:22.49, Inflammation Score:-10, Nutrition Score:15.454782506694%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 253.75kcal (12.69%), Fat: 5.69g (8.75%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 38.97g (14.17%), Sugar: 9.45g (10.5%), Cholesterol: 9.24mg (3.08%), Sodium: 217.07mg (9.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin A: 32115.31IU (642.31%), Manganese: 0.6mg (30.09%), Fiber: 6.92g (27.68%), Vitamin B6: 0.51mg (25.65%), Potassium: 795.43mg (22.73%), Vitamin B5: 1.89mg (18.9%), Copper: 0.35mg (17.63%), Magnesium: 59.78mg (14.94%), Vitamin B1: 0.22mg (14.36%), Phosphorus: 127.44mg (12.74%), Vitamin B3: 1.84mg (9.2%), Vitamin B2: 0.15mg (9.05%), Iron: 1.61mg (8.95%), Vitamin C: 7.03mg (8.52%), Calcium: 72.55mg (7.26%), Folate: 25.31µg (6.33%), Selenium: 4.17µg (5.96%), Zinc: 0.86mg (5.74%), Vitamin E: 0.65mg (4.32%), Vitamin K: 4.07µg (3.87%), Vitamin B12: 0.07µg (1.17%)