



Fruity Apple Rings

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



130 kcal

SIDE DISH

Ingredients

- 1 apples
- 0.3 cup philadelphia cream cheese spread
- 0.3 cup fruit-flavored rice cereal sweetened

Equipment

Directions

- Cut apple crosswise into four rings; remove and discard cores.

Spread apples with cream cheese spread.

Sprinkle with cereal.

Nutrition Facts

PROTEIN 6.56% **FAT 42.48%** **CARBS 50.96%**

Properties

Glycemic Index:16, Glycemic Load:3.32, Inflammation Score:-4, Nutrition Score:3.758260846138%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 130.35kcal (6.52%), Fat: 6.37g (9.8%), Saturated Fat: 3.99g (24.97%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 14.94g (5.43%), Sugar: 10.61g (11.79%), Cholesterol: 17.59mg (5.86%), Sodium: 159.87mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Fiber: 2.25g (9.01%), Manganese: 0.15mg (7.63%), Vitamin A: 381.21IU (7.62%), Folate: 27.74µg (6.93%), Iron: 1.23mg (6.85%), Vitamin C: 4.94mg (5.98%), Calcium: 52mg (5.2%), Vitamin B6: 0.1mg (4.99%), Vitamin B2: 0.08mg (4.57%), Vitamin B1: 0.06mg (4.16%), Vitamin B3: 0.71mg (3.54%), Zinc: 0.51mg (3.37%), Vitamin B12: 0.19µg (3.14%), Potassium: 103.71mg (2.96%), Vitamin K: 2.04µg (1.94%), Copper: 0.03mg (1.67%), Phosphorus: 15.01mg (1.5%), Magnesium: 5.56mg (1.39%), Vitamin E: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.05%)