



Ghastly Goblin Grins

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large apples cut into quarters
- 0.5 cup brown sugar packed
- 8 oz philadelphia cream cheese softened
- 0.3 cup planters slivered almonds
- 0.5 tsp vanilla

Equipment

- bowl
- blender

Directions

- Beat cream cheese with mixer until creamy.
- Add sugar and vanilla; mix well.
- Cut thin wedge in peel side of each apple piece; fill with 1 tsp. cream cheese mixture. Insert 4 to 6 nuts in cream cheese mixture in each apple to resemble teeth.
- Spoon remaining cream cheese mixture into serving bowl.
- Serve with apples for dipping.

Nutrition Facts

PROTEIN 5.03% **FAT 49.82%** **CARBS 45.15%**

Properties

Glycemic Index:3.45, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:1.3813043560671%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 80.3kcal (4.02%), Fat: 4.61g (7.1%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 8.7g (3.16%), Sugar: 8.15g (9.06%), Cholesterol: 11.45mg (3.82%), Sodium: 37.39mg (1.63%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 1.05g (2.1%), Vitamin A: 164.35IU (3.29%), Vitamin E: 0.48mg (3.22%), Fiber: 0.7g (2.82%), Vitamin B2: 0.05mg (2.79%), Manganese: 0.04mg (2.18%), Phosphorus: 21.31mg (2.13%), Calcium: 20.55mg (2.05%), Potassium: 56.2mg (1.61%), Magnesium: 6.29mg (1.57%), Selenium: 1.1µg (1.57%), Vitamin C: 1.03mg (1.24%), Copper: 0.02mg (1.23%)