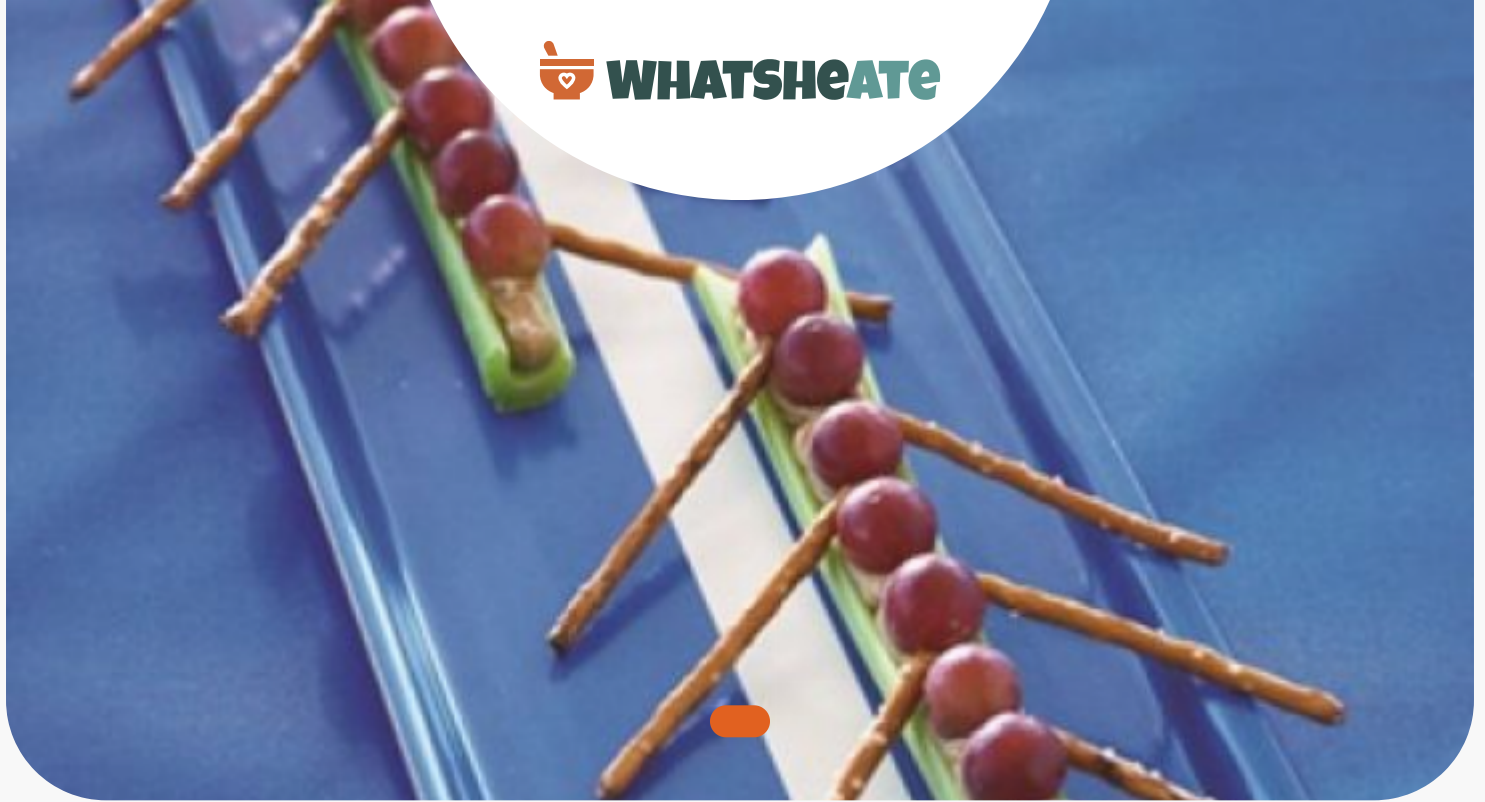




Grapes in a Canoe Snack



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

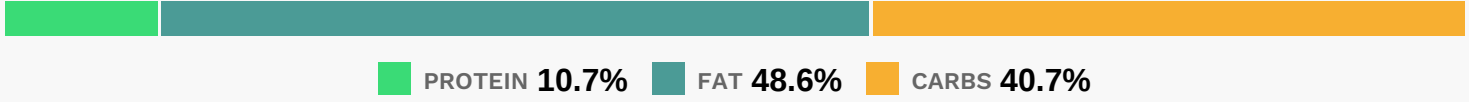
- ☐ 4 large celery stalks ends trimmed
- ☐ 1 cup california grapes red
- ☐ 32 pretzel sticks gluten-free whole wheat thin
- ☐ 8 teaspoons julienne-cut oil-packed sun-dried tomatoes

Equipment

Directions

- ☐
- Make a partial slice or two down the spine of each piece of celery, so they lay flat on a plate.
- ☐
- Spread 2 teaspoons of peanut, almond, or seed butter into each celery stalk.
- ☐
- Place the grapes in a row inside the celery, pressing them lightly into the nut butter. Position 8 pretzel sticks along the sides of each celery “canoe” to look like oars for the grape “rowers.”

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:5.71, Inflammation Score:-4, Nutrition Score:6.3691304675911%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 135.53kcal (6.78%), Fat: 7.82g (12.04%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 14.2g (5.16%), Sugar: 6g (6.67%), Cholesterol: 0mg (0%), Sodium: 57.01mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Manganese: 0.41mg (20.32%), Copper: 0.34mg (17.2%), Magnesium: 63.35mg (15.84%), Phosphorus: 131.7mg (13.17%), Folate: 47.79µg (11.95%), Vitamin B5: 1.16mg (11.63%), Vitamin B6: 0.17mg (8.33%), Vitamin K: 6.8µg (6.48%), Vitamin B1: 0.09mg (6.19%), Zinc: 0.92mg (6.16%), Iron: 1.09mg (6.06%), Vitamin B3: 1.16mg (5.78%), Vitamin B2: 0.09mg (5.34%), Potassium: 103.48mg (2.96%), Calcium: 26.04mg (2.6%), Vitamin C: 1.85mg (2.25%), Fiber: 0.55g (2.19%), Vitamin A: 51.19IU (1.02%)