



Halloween Fruit Apple Teeth Treats



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



16

CALORIES



47 kcal

Ingredients



4 honeycrisp apples cored quartered



2.3 ounce blanched slivered almonds



1 teaspoon juice of lemon

Equipment

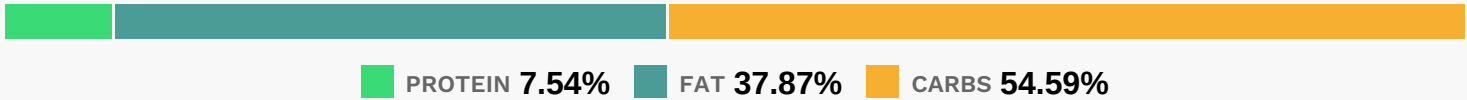


knife

Directions

☐ With a small, sharp paring knife, cut a lengthwise wedge from the skin side of each apple quarter, leaving the peel around the wedge for lips. If desired, rub the cut portions of the apple quarters with lemon juice to prevent browning. Poke 5 or 6 slivered almonds into the top and bottom of the cut-out area to make snaggly teeth.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:1.66, Inflammation Score:-1, Nutrition Score:1.8239130520302%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 47.25kcal (2.36%), Fat: 2.17g (3.34%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 5.56g (2.02%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 1.22mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Vitamin E: 1.03mg (6.86%), Fiber: 1.49g (5.95%), Manganese: 0.09mg (4.46%), Magnesium: 12.98mg (3.24%), Vitamin C: 2.21mg (2.68%), Copper: 0.05mg (2.66%), Phosphorus: 24.21mg (2.42%), Vitamin B2: 0.04mg (2.37%), Potassium: 75.28mg (2.15%), Calcium: 12.16mg (1.22%), Vitamin B6: 0.02mg (1.17%), Vitamin B1: 0.02mg (1.03%), Iron: 0.19mg (1.03%)