



Ladybugs on a Log



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

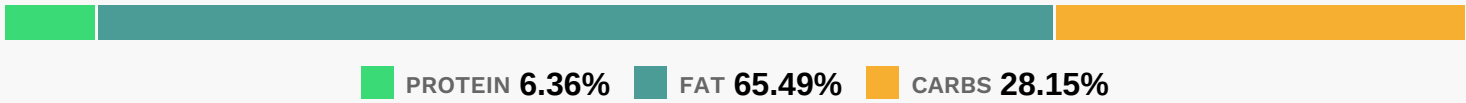
- ☐ 6 stalks celery cut into 3-inch pieces
- ☐ 0.5 cup raspberry cream cheese flavored
- ☐ 0.3 cup cranberries dried

Equipment

Directions

Fill each celery stick with raspberry flavored cream cheese and top with 3 or 4 dried cranberries.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:2.7369565238123%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 87.36kcal (4.37%), Fat: 6.63g (10.2%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.51g (2%), Sugar: 4.91g (5.46%), Cholesterol: 19.11mg (6.37%), Sodium: 91.65mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin K: 12.5µg (11.91%), Vitamin A: 433.65IU (8.67%), Folate: 16.1µg (4.03%), Vitamin B2: 0.07mg (3.98%), Potassium: 131.44mg (3.76%), Fiber: 0.91g (3.63%), Calcium: 34.8mg (3.48%), Phosphorus: 30.24mg (3.02%), Manganese: 0.06mg (2.83%), Selenium: 1.82µg (2.6%), Vitamin E: 0.38mg (2.51%), Vitamin B5: 0.22mg (2.17%), Vitamin B6: 0.04mg (2.11%), Magnesium: 6.3mg (1.58%), Vitamin C: 1.25mg (1.52%), Copper: 0.02mg (1.03%), Zinc: 0.15mg (1.01%)