



Lions and Tigers and Bears - Yum! Yum

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

Ingredients

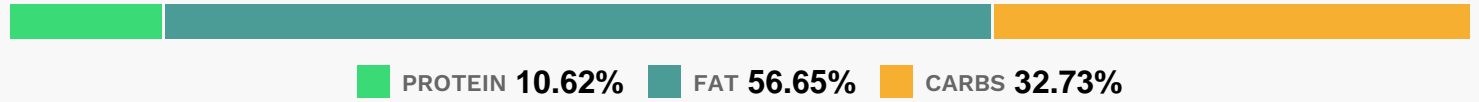
- 3 celery stalks (6 inch)
- 12 animal crackers
- 3 Tbsp creamy peanut butter
- 1 graham cracker crushed

Equipment

Directions

- Spread peanut butter evenly into hollow part of celery stalks.
- Stand 4 of the animal crackers in peanut butter in each stalk.
- Sprinkle evenly with graham crumbs to resemble dirt.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:1.5386956581927%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 52.47kcal (2.62%), Fat: 3.43g (5.28%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 4.08g (1.48%), Sugar: 1.14g (1.26%), Cholesterol: 0mg (0%), Sodium: 62.53mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Manganese: 0.09mg (4.55%), Vitamin B3: 0.87mg (4.35%), Vitamin E: 0.57mg (3.77%), Phosphorus: 29.22mg (2.92%), Magnesium: 9.75mg (2.44%), Vitamin K: 2.17µg (2.06%), Folate: 7.8µg (1.95%), Vitamin B1: 0.03mg (1.73%), Iron: 0.3mg (1.69%), Fiber: 0.38g (1.52%), Vitamin B2: 0.02mg (1.34%), Vitamin B6: 0.03mg (1.29%), Copper: 0.03mg (1.27%), Zinc: 0.17mg (1.15%), Potassium: 36.95mg (1.06%)