



Maple Sugar-Apples and Grahams

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients

- 2 apples unpeeled thinly sliced
- 1 Tbsp brown sugar
- 0.3 cup knudsen cream fat free sour
- 4 small graham crackers
- 0.5 tsp ground cinnamon
- 2 tsp pancake syrup

Equipment

Directions

- Toss apples with sugar and cinnamon; set aside.
- Mix sour cream and syrup; spread evenly onto graham rectangles.
- Top with the apple mixture.

Nutrition Facts



■ PROTEIN 4.87% ■ FAT 9.7% ■ CARBS 85.43%

Properties

Glycemic Index:27.75, Glycemic Load:10.87, Inflammation Score:-2, Nutrition Score:3.2378260648769%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 143.43kcal (7.17%), Fat: 1.61g (2.48%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 29.18g (10.61%), Sugar: 15.68g (17.42%), Cholesterol: 1.87mg (0.62%), Sodium: 124.5mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Fiber: 2.83g (11.33%), Phosphorus: 57.18mg (5.72%), Vitamin C: 4.2mg (5.09%), Vitamin B2: 0.09mg (5.09%), Manganese: 0.09mg (4.68%), Calcium: 46.29mg (4.63%), Potassium: 152.37mg (4.35%), Iron: 0.74mg (4.1%), Magnesium: 15.26mg (3.82%), Vitamin B1: 0.06mg (3.7%), Vitamin B3: 0.63mg (3.17%), Vitamin B6: 0.06mg (2.84%), Folate: 11.33µg (2.83%), Zinc: 0.41mg (2.75%), Copper: 0.04mg (2.08%), Vitamin A: 101.11IU (2.02%), Vitamin K: 2.1µg (2%), Selenium: 1.09µg (1.55%), Vitamin E: 0.17mg (1.14%)