



## Nutty Caramel Apple Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup spiced apple butter
- 3 medium apples sliced
- 0.3 cup brown sugar packed
- 8 ounces cream cheese softened
- 0.5 cup roasted peanuts salted chopped
- 0.5 teaspoon vanilla extract

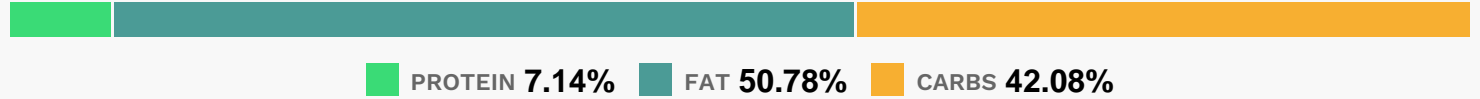
### Equipment

- bowl

## Directions

- In a small bowl, beat the cream cheese, apple butter, brown sugar and vanilla until combined. Stir in the peanuts.
- Serve with apple slices. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:2.33, Inflammation Score:-3, Nutrition Score:3.8282608649005%

## Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

## Nutrients (% of daily need)

Calories: 195.91kcal (9.8%), Fat: 11.52g (17.72%), Saturated Fat: 5.16g (32.22%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 19.3g (7.02%), Sugar: 16.87g (18.74%), Cholesterol: 22.91mg (7.64%), Sodium: 107.04mg (4.65%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 3.64g (7.29%), Manganese: 0.24mg (12.1%), Fiber: 2.17g (8.69%), Vitamin A: 337.17IU (6.74%), Phosphorus: 59.88mg (5.99%), Vitamin B3: 1.18mg (5.89%), Potassium: 165.45mg (4.73%), Magnesium: 18.12mg (4.53%), Vitamin B2: 0.08mg (4.44%), Copper: 0.08mg (4.05%), Calcium: 39.14mg (3.91%), Selenium: 2.62µg (3.74%), Folate: 13.07µg (3.27%), Vitamin C: 2.6mg (3.15%), Vitamin B6: 0.06mg (3.06%), Vitamin B5: 0.28mg (2.78%), Vitamin B1: 0.04mg (2.6%), Vitamin E: 0.3mg (2%), Zinc: 0.29mg (1.94%), Iron: 0.34mg (1.89%), Vitamin K: 1.8µg (1.72%)