



Peanut Butter & Apple Snacker

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



285 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 apples sliced
- 2 Tbsp creamy peanut butter
- 0.5 cup cereal

Equipment

Directions

- Spread peanut butter onto 1 end of each apple slice.

Dip into granola.

Nutrition Facts

PROTEIN 9.88% **FAT 41.39%** **CARBS 48.73%**

Properties

Glycemic Index:23, Glycemic Load:3.71, Inflammation Score:-4, Nutrition Score:9.7086955930876%

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: 285.27kcal (14.26%), Fat: 13.83g (21.27%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 32.08g (11.67%), Sugar: 17.37g (19.3%), Cholesterol: 0mg (0%), Sodium: 79.61mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.85%), Manganese: 1.08mg (54.19%), Vitamin E: 2.8mg (18.64%), Fiber: 4.54g (18.15%), Phosphorus: 153.92mg (15.39%), Magnesium: 59.35mg (14.84%), Vitamin B3: 2.5mg (12.5%), Iron: 1.71mg (9.52%), Copper: 0.18mg (9.01%), Vitamin B1: 0.13mg (8.81%), Potassium: 305.95mg (8.74%), Selenium: 5.93µg (8.48%), Vitamin B6: 0.14mg (7.25%), Zinc: 1.05mg (7.02%), Folate: 26.86µg (6.72%), Vitamin B2: 0.11mg (6.42%), Vitamin C: 4.22mg (5.11%), Vitamin B5: 0.4mg (3.99%), Calcium: 39.53mg (3.95%), Vitamin K: 3.39µg (3.23%)