



Peanut Butter Stuffed Apples

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 12 small apples unpeeled
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup graham cracker crumbs chopped
- ☐ 1.5 cups peanut butter
- ☐ 0.5 cup powdered sugar

Equipment

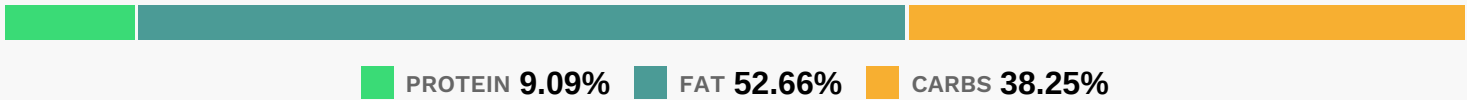
- ☐ mixing bowl
- ☐ plastic wrap

- ☐ hand mixer
- ☐ apple corer

Directions

- ☐ Combine first 3 ingredients in a small mixing bowl; beat at medium speed with an electric mixer until smooth.
- ☐ Remove cores from apples using an apple corer.
- ☐ Using a small spoon, pack peanut butter mixture into core of each apple. Dredge open ends in candy sprinkles, chopped peanuts, or graham cracker crumbs. Wrap apples in plastic wrap, and store in refrigerator up to 2 days.
- ☐ Serve any remaining peanut butter mixture as a spread for apple slices or graham crackers.

Nutrition Facts



Properties

Glycemic Index:4.9, Glycemic Load:4.11, Inflammation Score:-3, Nutrition Score:3.9917391292427%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 154.12kcal (7.71%), Fat: 9.57g (14.73%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 13.5g (4.91%), Sugar: 10.44g (11.6%), Cholesterol: 7.64mg (2.55%), Sodium: 98.17mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Manganese: 0.21mg (10.54%), Vitamin B3: 1.88mg (9.41%), Vitamin E: 1.35mg (8.98%), Fiber: 2.14g (8.58%), Magnesium: 27.11mg (6.78%), Phosphorus: 64.03mg (6.4%), Vitamin B6: 0.09mg (4.44%), Potassium: 151.5mg (4.33%), Vitamin B2: 0.06mg (3.8%), Folate: 14.85µg (3.71%), Copper: 0.07mg (3.63%), Vitamin C: 2.74mg (3.32%), Zinc: 0.44mg (2.96%), Vitamin A: 133.71IU (2.67%), Vitamin B1:

0.04mg (2.4%), Iron: 0.42mg (2.33%), Vitamin B5: 0.22mg (2.16%), Calcium: 19.46mg (1.95%), Selenium: 1.19µg (1.7%), Vitamin K: 1.51µg (1.44%)