



Shrunken Heads



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients



8 small apples i use 2 granny smith apples peeled



1 cup juice of lemon



8 servings twist and ends together to make a rough knob. cover red cut into short lengths



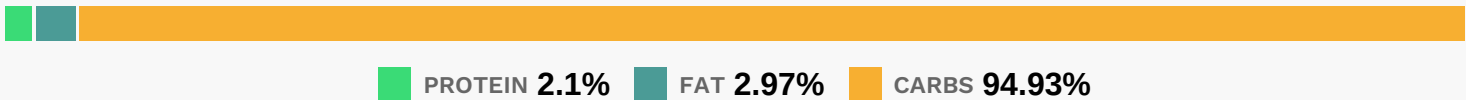
1 tablespoon salt

Equipment

Directions

- ☐ Core apples, and carve face features.
- ☐ Combine lemon juice and salt.
- ☐ Add apples; toss to coat.
- ☐ Let stand 1 minute.
- ☐ Drain; let stand at room temperature 1 week.
- ☐ Add licorice for hair.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:5.44, Inflammation Score:-3, Nutrition Score:3.2665217695353%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 87.69kcal (4.38%), Fat: 0.33g (0.5%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 19.85g (7.22%), Sugar: 16.66g (18.52%), Cholesterol: 0mg (0%), Sodium: 874.35mg (38.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin C: 18.66mg (22.62%), Fiber: 3.67g (14.67%), Potassium: 191.02mg (5.46%), Vitamin B6: 0.08mg (3.76%), Vitamin K: 3.28µg (3.12%), Manganese: 0.06mg (2.9%), Folate: 10.57µg (2.64%), Vitamin B2: 0.04mg (2.55%), Magnesium: 9.3mg (2.33%), Copper: 0.05mg (2.29%), Vitamin B1: 0.03mg (2.18%), Vitamin E: 0.31mg (2.09%), Phosphorus: 18.83mg (1.88%), Vitamin A: 82.29IU (1.65%), Vitamin B5: 0.13mg (1.31%), Iron: 0.21mg (1.17%), Calcium: 11.31mg (1.13%)