



Spring Cookie Blossoms

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



28 kcal

Ingredients

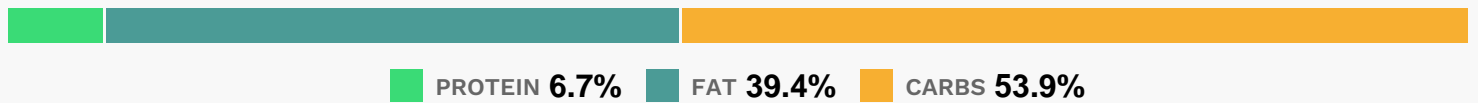
- 8 pieces apple peel green
- 1 Tbsp creamy peanut butter
- 0.3 cup graham cracker crushed
- 2 small strawberries fresh cut in half
- 8 vanilla wafers

Equipment

Directions

- Spread 4 wafers with peanut butter; top with remaining wafers.
- Place on dessert plate.
- Cut tulip shape from each strawberry half.
- Place on wafers.
- Cut 4 stems from apple peels; cut leaves from remaining peels.
- Place stem at bottom of each tulip.
- Add leaves.
- Sprinkle graham crumbs around bottoms of stems to resemble dirt.

Nutrition Facts



Properties

Glycemic Index:15.8, Glycemic Load:2.64, Inflammation Score:-1, Nutrition Score:0.49913042848525%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 28.09kcal (1.4%), Fat: 1.26g (1.93%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.69g (1.34%), Sugar: 1.57g (1.74%), Cholesterol: 0.03mg (0.01%), Sodium: 27.34mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin B3: 0.29mg (1.43%), Vitamin B1: 0.02mg (1.24%), Folate: 4.66µg (1.17%)