



Strawberry Graham Cracker Bites



Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

30

CALORIES

calories

145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

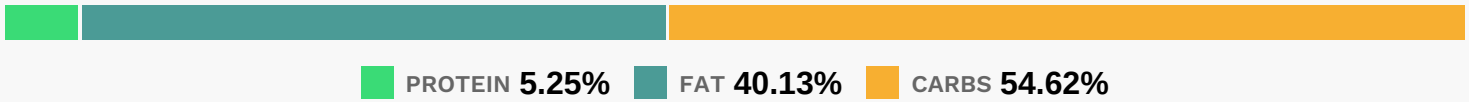
- ☐ 30 blueberries fresh
- ☐ 13 ounce chocolate-hazelnut spread nutella® such as
- ☐ 14.4 ounce graham crackers mini
- ☐ 30 strawberries fresh sliced
- ☐ 7 ounce whipped cream canned

Equipment

Directions

 Cut the bottoms of each strawberry so they can stand upright on a plate; hollow out the top of each strawberry. Spoon whipped cream and chocolate-hazelnut spread into the hollow part of each strawberry; top with 1 blueberry. Cover each filled strawberry with a mini graham cracker.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:10.17, Inflammation Score:-1, Nutrition Score:3.2447826266289%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg, Petunidin: 0.42mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.88mg, Malvidin: 0.88mg, Malvidin: 0.88mg, Malvidin: 0.88mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 145.49kcal (7.27%), Fat: 6.52g (10.03%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 18.57g (6.75%), Sugar: 11.01g (12.23%), Cholesterol: 5.03mg (1.68%), Sodium: 95.37mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin C: 7.18mg (8.71%), Manganese: 0.16mg (7.87%), Iron: 1.16mg (6.42%), Fiber: 1.4g (5.59%), Phosphorus: 55.08mg (5.51%), Vitamin E: 0.69mg (4.63%), Magnesium: 18.26mg (4.56%), Vitamin B2: 0.06mg (3.59%), Copper: 0.07mg (3.44%), Calcium: 32.7mg (3.27%), Vitamin B1: 0.05mg (3.15%), Vitamin B3: 0.62mg (3.12%), Potassium: 103.17mg (2.95%), Zinc: 0.44mg (2.92%), Folate: 11.14µg (2.78%), Vitamin B6: 0.03mg (1.64%)