



Strawberry-Hazelnut Graham



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons nutella (such as Nutella)
- ☐ 1 graham crackers whole-wheat
- ☐ 0.3 cup strawberries sliced

Equipment

Directions

- ☐ Smear chocolate-hazelnut spread over graham cracker sheet. Top with sliced strawberries.

Nutrition Facts



PROTEIN 5.59% **FAT 31.98%** **CARBS 62.43%**

Properties

Glycemic Index:143.33, Glycemic Load:10.03, Inflammation Score:-2, Nutrition Score:4.1839130352373%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 124.78kcal (6.24%), Fat: 4.48g (6.89%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 17.94g (6.52%), Sugar: 10.38g (11.53%), Cholesterol: 0mg (0%), Sodium: 96.72mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin C: 21.17mg (25.66%), Manganese: 0.23mg (11.29%), Fiber: 1.74g (6.94%), Iron: 1.16mg (6.47%), Phosphorus: 52.12mg (5.21%), Magnesium: 19.34mg (4.84%), Folate: 16.48µg (4.12%), Vitamin E: 0.6mg (4%), Vitamin B3: 0.71mg (3.55%), Vitamin B2: 0.06mg (3.44%), Potassium: 120.56mg (3.44%), Copper: 0.07mg (3.42%), Vitamin B1: 0.05mg (3.27%), Zinc: 0.43mg (2.85%), Calcium: 27.62mg (2.76%), Vitamin B6: 0.04mg (1.96%)