

Stuffed Apple

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



272 kcal

SIDE DISH

Ingredients

- 1 apples
- 1 Tbsp honey-flavored multi-grain cereal flakes with oat clusters
- 1 Tbsp peanut butter
- 1 Tbsp raisins

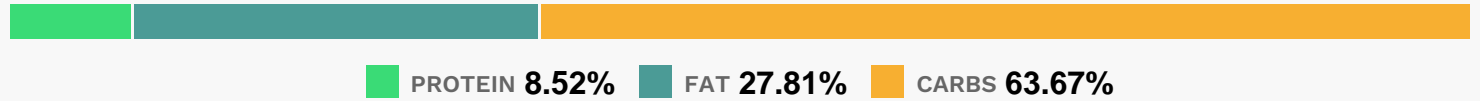
Equipment

- plastic wrap

Directions

- Core apple, leaving 1-1/2-inch opening in apple.
- Mix peanut butter, cereal and raisins. Spoon into center of apple. Wrap tightly in plastic wrap and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:174.5, Glycemic Load:17.17, Inflammation Score:-4, Nutrition Score:9.3143478269162%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 272.1kcal (13.61%), Fat: 9.09g (13.99%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 39.78g (14.47%), Sugar: 21.26g (23.62%), Cholesterol: 0mg (0%), Sodium: 141.17mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Manganese: 0.65mg (32.69%), Fiber: 7.04g (28.17%), Vitamin B3: 3.12mg (15.58%), Magnesium: 52.02mg (13.01%), Potassium: 445.68mg (12.73%), Vitamin E: 1.87mg (12.43%), Phosphorus: 116.84mg (11.68%), Vitamin C: 9.18mg (11.13%), Vitamin B6: 0.21mg (10.29%), Copper: 0.19mg (9.75%), Vitamin B1: 0.13mg (8.51%), Vitamin B2: 0.13mg (7.63%), Iron: 1.26mg (7.01%), Selenium: 4.56µg (6.51%), Folate: 25.88µg (6.47%), Zinc: 0.77mg (5.11%), Vitamin K: 5.2µg (4.96%), Calcium: 47.05mg (4.71%), Vitamin B5: 0.39mg (3.89%), Vitamin A: 98.72IU (1.97%)