



Yummy Stuffed Bears

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



190 kcal

SIDE DISH

Ingredients

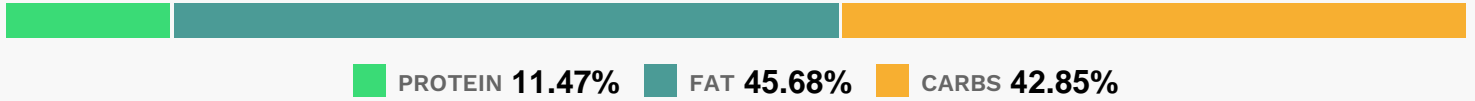
- 1.5 tsp philadelphia cream cheese spread
- 12 chocolate graham snacks bear-shaped
- 1.5 tsp creamy peanut butter
- 12 graham snacks bear-shaped

Equipment

Directions

- Spread peanut butter evenly onto 6 of the chocolate graham snacks; top each with second chocolate graham snack to make a sandwich.
- Spread cream cheese spread evenly onto 6 of the graham snacks; top each with second graham snack to make a sandwich.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:2.8047826172703%

Nutrients (% of daily need)

Calories: 189.77kcal (9.49%), Fat: 9.93g (15.27%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 18.78g (6.83%), Sugar: 4.67g (5.19%), Cholesterol: 4.58mg (1.53%), Sodium: 128.63mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Manganese: 0.18mg (8.8%), Fiber: 2.18g (8.7%), Vitamin B3: 1.6mg (7.98%), Vitamin E: 1.09mg (7.29%), Magnesium: 20.28mg (5.07%), Phosphorus: 40.68mg (4.07%), Iron: 0.64mg (3.55%), Vitamin B6: 0.05mg (2.66%), Folate: 10.32µg (2.58%), Copper: 0.05mg (2.52%), Zinc: 0.3mg (2.03%), Potassium: 67.68mg (1.93%), Calcium: 14.75mg (1.48%), Vitamin A: 70.24IU (1.4%), Vitamin B2: 0.02mg (1.35%), Vitamin B5: 0.13mg (1.27%), Vitamin B1: 0.02mg (1.1%)