



Healthdor

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Apples and Peanut Butter ♦

A simple and delicious snack or breakfast idea that combines the sweetness of apples with the creaminess of peanut butter. It's a great source of protein and fiber.

Recipe Type: Vegetarian

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g Apples

50 g peanut butter

Directions

Step 1

Cut

Wash and slice the apples into thin wedges.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spread peanut butter on one side of each apple slice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 16 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	6 g	15.79%	24%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	16 g	57.14%	64%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Picnic

Course

Salads Snacks

Cultural

Chinese New Year

Demographics

Senior Friendly

Diet

Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet Engine 2 Diet
 Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet
 The 80/10/10 Diet The F-Plan Diet The Israeli Army Diet The Breatharian Diet
 The Werewolf Diet The Subway Diet The 3-Day Diet

Meal Type

Brunch Snack Supper

Difficulty Level

Easy

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