



Healthdor

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## Ants on a Log

Ants on a Log is a classic snack made with celery sticks, peanut butter, and raisins. It is a fun and healthy treat that is perfect for kids and adults alike. The name comes from the resemblance of the snack to ants crawling on a log.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 4

**Serving Size:** 25 g

### Ingredients

100 g	celery sticks
50 g	peanut butter
25 g	Raisins

### Directions

## Step 1

### Preparation

Wash and trim the celery sticks.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Spreading

Spread peanut butter on the celery sticks.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

### Placing

Place raisins on top of the peanut butter.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat: 8 g**

**Protein: 6 g**

**Carbohydrates: 15 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	8 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	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
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	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Course

Appetizers

Snacks

Drinks

Salads

Sauces & Dressings

Side Dishes

Desserts

### Cultural

Chinese New Year

### Events

Picnic

### Meal Type

Snack

Supper

**Difficulty Level**

Easy

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