



Apple Slices with Nut Butter and Flax Meal

Prep Time 5 mins
Total Time 5 mins
Meal Type Snack
Contributed By



Servings 1

Ingredients

lb,c g,ml

- 1 apple, *sliced*
- 1 Tbs peanut butter (or other nut butter)
- 1 tsp flaxseed, ground

Directions

Prep

1. Slice apple.

Make

1. Smooth nut butter over slices and dip in flax meal.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 12.8g		19%	Total Carbohydrates 30g
Saturated Fat 2.0g		10%	Dietary Fiber 8g	30%
Trans Fat 0.0g			Total Sugars 20g	
Cholesterol 0mg		0%	Protein 6g	
Sodium 8mg		0%		
Vitamin D 0mcg 0% · Calcium 46mg 4% · Iron 1mg 6% · Potassium 359mg 7%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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