



APPLE-PECAN SNACKWICH

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 5

Category: Basic Food
Manufacturer: (None)

Ingredients

0.400 c. Low Fat Cream Cheese
0.125 t. Vanilla Extract
0.500 c. Apple Slices
2.000 T. Pecans
4.000 sl. Nature's Own Honey Wheat Bread

Nutrition Facts

Serving Size 1.00 item(s) (67g)

Amount Per Serving

Calories 157 **Calories from Fat** 65

% Daily Value

Total Fat 7.2g 11 %

Saturated Fat 2.9g 14 %

Trans Fat 0.0g

Cholesterol 13.4mg 4 %

Sodium 191.2mg 8 %

Total Carbohydrate 18.1g 6 %

Dietary Fiber 1.7g 7 %

Sugars 3.6g

Protein 4.9g

Vitamin A 4 % Calcium 3 %

Vitamin C 1 % Iron 9 %

Instructions

STARCH: 1 FAT; 1.5