



## Apple and Brie Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



113 kcal

### Ingredients

- 1 baguette cut into 1/4-inch-thick slices
- 13.2 oz brie cheese thinly sliced
- 0.5 cup brown sugar packed
- 0.3 cup butter melted
- 3 granny smith apples and/or braeburn apples cored sliced
- 0.5 cup walnuts chopped

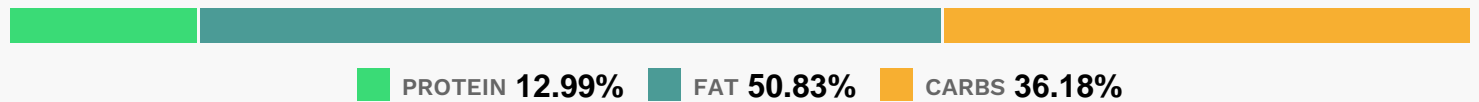
### Equipment

- baking sheet
- oven

## Directions

- Arrange bread slices on an ungreased baking sheet; bake at 350 until lightly toasted. Set aside.
- Mix together sugar, walnuts and butter. Top each slice of bread with a cheese slice, an apple slice and one teaspoon of brown sugar mixture.
- Bake until cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:6.69, Glycemic Load:3.46, Inflammation Score:-2, Nutrition Score:2.8317391237487%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 112.96kcal (5.65%), Fat: 6.52g (10.03%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.7g (3.53%), Sugar: 5.95g (6.61%), Cholesterol: 16.54mg (5.51%), Sodium: 143.37mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Manganese: 0.12mg (5.91%), Vitamin B2: 0.1mg (5.88%), Folate: 19.58µg (4.89%), Selenium: 3.4µg (4.86%), Vitamin B1: 0.07mg (4.47%), Phosphorus: 40.72mg (4.07%), Calcium: 38.2mg (3.82%), Vitamin B12: 0.21µg (3.48%), Fiber: 0.74g (2.97%), Zinc: 0.43mg (2.89%), Vitamin B6: 0.06mg (2.87%), Vitamin A: 131.34IU (2.63%), Iron: 0.45mg (2.53%), Copper: 0.05mg (2.5%), Vitamin B3: 0.47mg (2.34%), Magnesium: 9.02mg (2.26%), Potassium: 62.7mg (1.79%), Vitamin B5: 0.15mg (1.47%), Vitamin K: 1.12µg (1.07%), Vitamin C: 0.86mg (1.05%)