



Apple-Cheese Melts

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bread crumbs french italian
- 2 tablespoons apple sauce
- 1 medium apples cored cut into rings
- 2 ounces cheddar cheese fat-free sliced
- 2 ounces gorgonzola crumbled

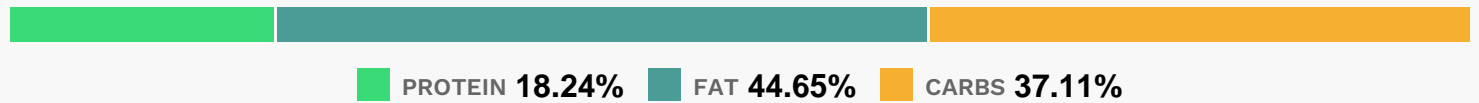
Equipment

- baking sheet
- oven

Directions

- Set oven control to broil.
- Place bread on ungreased cookie sheet. Broil with tops about 4 inches from heat until golden brown; turn.
- Spread applesauce on bread slices.
- Place half of apple rings on each bread slice. Top with cheeses. Broil just until cheese begins to melt.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:3.5, Inflammation Score:-6, Nutrition Score:9.6108695657357%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.66mg, Epicatechin: 7.66mg, Epicatechin: 7.66mg, Epicatechin: 7.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 307.25kcal (15.36%), Fat: 15.59g (23.99%), Saturated Fat: 9.31g (58.19%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 26.11g (9.49%), Sugar: 20.01g (22.24%), Cholesterol: 24.38mg (8.13%), Sodium: 834.61mg (36.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.66%), Phosphorus: 393.22mg (39.32%), Calcium: 351.07mg (35.11%), Vitamin B2: 0.29mg (17.09%), Selenium: 10µg (14.28%), Vitamin A: 685.68IU (13.71%), Fiber: 3.05g (12.2%), Zinc: 1.8mg (12.03%), Vitamin B12: 0.66µg (11.06%), Potassium: 306.09mg (8.75%), Folate: 33.64µg (8.41%), Vitamin B3: 1.34mg (6.72%), Magnesium: 25.13mg (6.28%), Vitamin B6: 0.11mg (5.7%), Vitamin B5: 0.55mg (5.52%), Vitamin C: 4.34mg (5.26%), Vitamin B1: 0.07mg (4.84%), Iron: 0.73mg (4.06%), Vitamin K: 3.52µg (3.36%), Copper: 0.05mg (2.27%), Vitamin E: 0.34mg (2.23%), Manganese: 0.04mg (1.91%)