



## Apple-Cheese "Toasts"

 Vegetarian

READY IN



8 min.

SERVINGS



8

CALORIES



36 kcal

### Ingredients

- 0.5 apples thinly sliced
- 2 cinnamon graham crackers low-fat (4 squares)
- 2 Tbsp milk sharp cheddar cheese shredded 2% kraft

### Equipment

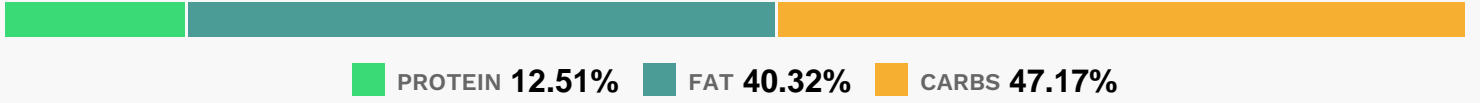
- broiler pan

### Directions

- Place graham squares in single layer on rack of broiler pan; top with apple slices.

- Sprinkle evenly with cheese.
- Broil 2 to 3 min. or until cheese begins to melt. Cool slightly.

## Nutrition Facts



### Properties

Glycemic Index:16.63, Glycemic Load:2.33, Inflammation Score:-1, Nutrition Score:0.88869565725327%

### Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

### Nutrients (% of daily need)

Calories: 36.06kcal (1.8%), Fat: 1.64g (2.53%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 3.94g (1.43%), Sugar: 2g (2.22%), Cholesterol: 3.75mg (1.25%), Sodium: 47.7mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Calcium: 29.96mg (3%), Phosphorus: 25.5mg (2.55%), Vitamin B2: 0.03mg (1.64%), Fiber: 0.39g (1.57%), Selenium: 1.06µg (1.52%), Zinc: 0.21mg (1.4%)