



Apple Dandy

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups apples thinly sliced
- 12 slices oscar mayer bacon cooked
- 2 Tbsp brown sugar
- 2 Tbsp butter softened
- 6 slices raisin bread toasted
- 6 oz velveeta sliced
- 6 oz velveeta sliced

Equipment

broiler

Directions

Preheat broiler.

Spread toast slices evenly with margarine; cover each toast slice with 2 bacon slices. Top evenly with apples and sugar.

Broil, 4 to 6 inches from heat, 2 to 3 minutes or until sugar is hot and bubbly.

Top evenly with VELVEETA; continue broiling 1 to 2 minutes or until VELVEETA begins to melt.

Nutrition Facts



PROTEIN 9.59% **FAT 62.57%** **CARBS 27.84%**

Properties

Glycemic Index:6.87, Glycemic Load:4, Inflammation Score:-1, Nutrition Score:2.4413043351277%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg 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: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 127.89kcal (6.39%), Fat: 8.97g (13.8%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.23g (2.99%), Sugar: 3.44g (3.83%), Cholesterol: 11.62mg (3.87%), Sodium: 170.78mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Selenium: 5.64µg (8.05%), Vitamin B1: 0.09mg (5.74%), Vitamin B3: 1.08mg (5.41%), Phosphorus: 38.55mg (3.85%), Vitamin B2: 0.06mg (3.51%), Vitamin B6: 0.06mg (3%), Fiber: 0.75g (2.99%), Manganese: 0.06mg (2.97%), Folate: 11.43µg (2.86%), Iron: 0.4mg (2.22%), Potassium: 74.74mg (2.14%), Zinc: 0.29mg (1.92%), Copper: 0.03mg (1.61%), Vitamin A: 80.03IU (1.6%), Vitamin B12: 0.09µg (1.5%), Vitamin B5: 0.15mg (1.49%), Magnesium: 5.64mg (1.41%), Vitamin E: 0.19mg (1.23%), Calcium: 10.38mg (1.04%)