

# Apple Toast

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



130 kcal

## Ingredients

- 1 large apples cored thinly sliced
- 1 tablespoon butter
- 1 tablespoon cinnamon
- 4 slices bread whole wheat white

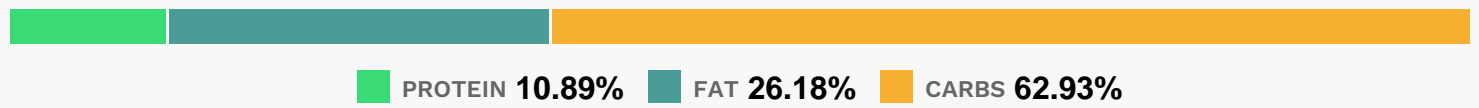
## Equipment

- baking sheet
- oven

# Directions

- Set oven to broil.
- Spread butter on one side of each slice of bread.
- Place apple slices on buttered side of bread.
- Sprinkle cinnamon on top.
- Place bread on a baking sheet.
- Place in a preheated oven until toasted, about 2 minutes.

# Nutrition Facts



# Properties

Glycemic Index:39.17, Glycemic Load:9.3, Inflammation Score:-3, Nutrition Score:6.6630435550342%

# Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

# Nutrients (% of daily need)

Calories: 130.15kcal (6.51%), Fat: 3.95g (6.08%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 17.3g (6.29%), Sugar: 7.08g (7.86%), Cholesterol: 7.53mg (2.51%), Sodium: 149.26mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 0.97mg (48.33%), Fiber: 4.08g (16.32%), Selenium: 7.32µg (10.46%), Vitamin B1: 0.12mg (7.97%), Calcium: 69.86mg (6.99%), Phosphorus: 67.61mg (6.76%), Vitamin B3: 1.32mg (6.6%), Magnesium: 25.62mg (6.4%), Iron: 0.95mg (5.28%), Vitamin B6: 0.09mg (4.33%), Copper: 0.09mg (4.26%), Vitamin K: 4.28µg (4.08%), Potassium: 139.11mg (3.97%), Zinc: 0.55mg (3.7%), Vitamin B2: 0.06mg (3.7%), Folate: 13.66µg (3.41%), Vitamin C: 2.64mg (3.2%), Vitamin E: 0.38mg (2.53%), Vitamin A: 124.31IU (2.49%), Vitamin B5: 0.24mg (2.37%)