



Apple Toast



Vegetarian



Vegan



Dairy Free

READY IN



27 min.

SERVINGS



2

CALORIES



226 kcal

Ingredients

- ☐ 1 apples cored peeled thinly sliced
- ☐ 1 tablespoon apple syrup
- ☐ 1.3 cups apple juice unsweetened
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons brown sugar light
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 slices bread whole wheat

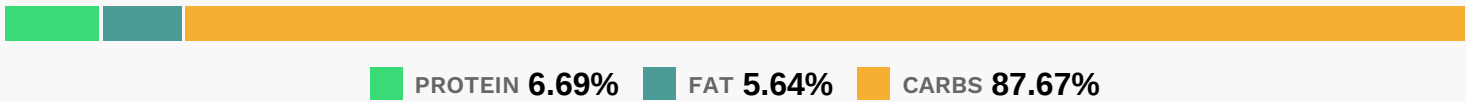
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ In a small saucepan, combine cornstarch, cinnamon, nutmeg, and apple juice; whisk until well blended. Bring to a boil, reduce to a simmer. Cook and stir for 5 minutes, or until slightly thickened. Store in an air tight container in the refrigerator until ready to use.
- ☐ Preheat oven to 500 degrees F (260 degrees C).
- ☐ Place apples in a microwave–safe dish and drizzle with apple syrup. Microwave on high for 1 minute, or until tender; set aside. Toast bread and arrange apple slices on top.
- ☐ Drizzle with syrup.
- ☐ Bake in the preheated oven for 5 minutes, watching carefully to prevent burning.
- ☐ Sprinkle with cinnamon, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:124.72, Glycemic Load:17.89, Inflammation Score:-3, Nutrition Score:7.4330435058345%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg, Catechin: 3.22mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 14.71mg, Epicatechin: 14.71mg, Epicatechin: 14.71mg, Epicatechin: 14.71mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 225.95kcal (11.3%), Fat: 1.46g (2.24%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 51.06g (17.02%), Net Carbohydrates: 46.49g (16.9%), Sugar: 30.34g (33.71%), Cholesterol: 0mg (0%), Sodium: 134.73mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Manganese: 0.8mg (40.13%), Fiber: 4.57g (18.29%), Selenium: 7.55µg (10.79%), Vitamin B1: 0.16mg (10.65%), Potassium: 339.22mg (9.69%), Magnesium: 35.32mg (8.83%), Phosphorus: 82.41mg (8.24%), Vitamin B3: 1.45mg (7.27%), Vitamin C: 5.94mg (7.2%), Calcium: 70.31mg (7.03%), Vitamin B6: 0.13mg (6.56%), Iron: 1.1mg (6.09%), Vitamin B2: 0.1mg (5.8%), Copper: 0.12mg (5.79%), Vitamin K: 4.43µg (4.22%), Zinc: 0.58mg (3.84%), Folate: 14.96µg (3.74%), Vitamin B5: 0.33mg (3.34%), Vitamin E: 0.35mg (2.33%), Vitamin A: 56.51IU (1.13%)