



Applesauce Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons apple sauce
- 2 slices bread
- 1 tablespoon butter

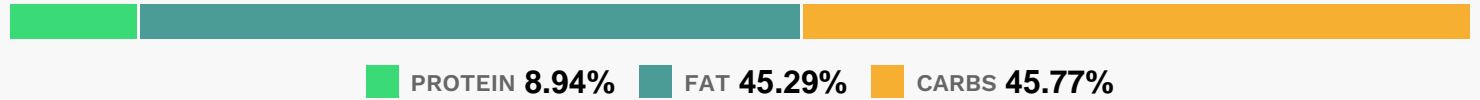
Equipment

- frying pan

Directions

- Heat a skillet over low heat.
- Spread butter on one side of each slice of bread.
- Place bread slices, buttered side down, in skillet. Divide applesauce onto both slices of bread, and spread to the edges.
- Cook until lightly browned, about 5 minutes. Fold slices together, and cool 5 minutes.
- Cut into quarters.

Nutrition Facts



Properties

Glycemic Index:108.67, Glycemic Load:14.3, Inflammation Score:-4, Nutrition Score:8.3286956017432%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 272.72kcal (13.64%), Fat: 13.94g (21.44%), Saturated Fat: 7.59g (47.44%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 28.96g (10.53%), Sugar: 7.44g (8.27%), Cholesterol: 30.1mg (10.03%), Sodium: 355.8mg (15.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Manganese: 0.68mg (33.94%), Selenium: 16.4µg (23.43%), Vitamin B1: 0.24mg (16.17%), Vitamin B3: 3.17mg (15.87%), Folate: 49.37µg (12.34%), Iron: 2.12mg (11.79%), Fiber: 2.73g (10.94%), Vitamin B2: 0.16mg (9.38%), Phosphorus: 77.85mg (7.78%), Calcium: 75.16mg (7.52%), Vitamin A: 364.03IU (7.28%), Magnesium: 24.59mg (6.15%), Vitamin B5: 0.49mg (4.93%), Copper: 0.09mg (4.75%), Zinc: 0.61mg (4.06%), Vitamin K: 3.95µg (3.76%), Vitamin B6: 0.07mg (3.74%), Vitamin E: 0.5mg (3.35%), Potassium: 115.62mg (3.3%)