



Applesauce Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup apple sauce
- 8 slices bread
- 0.3 cup butter softened
- 1 tablespoon sugar
- 0.3 teaspoon ground cinnamon

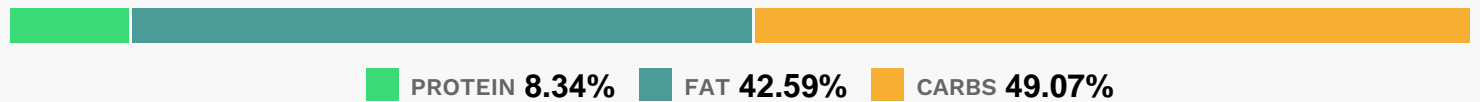
Equipment

- frying pan

Directions

- Spread the applesauce on four slices of bread; top with remaining bread. Lightly butter the outsides of sandwiches. Toast on a hot griddle for 3–4 minutes on each side or until golden brown.
- Combine sugar and cinnamon; sprinkle over hot sandwiches.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.94, Glycemic Load:16.39, Inflammation Score:-4, Nutrition Score:8.5713045091733%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 292.64kcal (14.63%), Fat: 14.11g (21.72%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 33.61g (12.22%), Sugar: 11.94g (13.27%), Cholesterol: 30.5mg (10.17%), Sodium: 357.37mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Manganese: 0.7mg (35.24%), Selenium: 16.47µg (23.54%), Vitamin B1: 0.25mg (16.45%), Vitamin B3: 3.19mg (15.95%), Folate: 49.86µg (12.47%), Iron: 2.17mg (12.06%), Fiber: 2.98g (11.91%), Vitamin B2: 0.16mg (9.7%), Phosphorus: 78.78mg (7.88%), Calcium: 77.13mg (7.71%), Vitamin A: 373.72IU (7.47%), Magnesium: 25.15mg (6.29%), Copper: 0.1mg (5%), Vitamin B5: 0.5mg (5%), Zinc: 0.62mg (4.11%), Vitamin B6: 0.08mg (3.96%), Vitamin K: 4.08µg (3.89%), Potassium: 128.1mg (3.66%), Vitamin E: 0.54mg (3.57%)