



Cheddar & Apple Melt

☒ Vegetarian ☒ Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

1

CALORIES

calories

169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small apples thinly sliced
- ☐ 1 6-inch corn tortilla
- ☐ 1 tablespoon cheddar cheese shredded

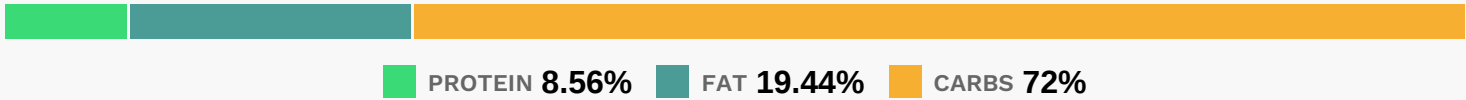
Equipment

- ☐ microwave

Directions

- ☐ Place cheese and apple slices on tortilla.
- ☐ Microwave at HIGH 30 seconds until cheese is bubbly.
- ☐ Roll up and eat.

Nutrition Facts



Properties

Glycemic Index:109.5, Glycemic Load:10.52, Inflammation Score:-3, Nutrition Score:5.2986956770005%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 168.84kcal (8.44%), Fat: 3.88g (5.98%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 27.15g (9.87%), Sugar: 15.75g (17.5%), Cholesterol: 8.5mg (2.83%), Sodium: 68.78mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Fiber: 5.21g (20.86%), Phosphorus: 136.96mg (13.7%), Calcium: 90.1mg (9.01%), Vitamin C: 6.85mg (8.31%), Magnesium: 28.47mg (7.12%), Manganese: 0.14mg (6.89%), Vitamin B6: 0.12mg (6.19%), Potassium: 214.34mg (6.12%), Selenium: 3.99µg (5.7%), Vitamin B2: 0.09mg (5.48%), Zinc: 0.71mg (4.75%), Copper: 0.08mg (4.15%), Vitamin B1: 0.05mg (3.48%), Vitamin A: 166.15IU (3.32%), Vitamin K: 3.48µg (3.32%), Iron: 0.51mg (2.85%), Vitamin E: 0.4mg (2.7%), Vitamin B3: 0.53mg (2.65%), Folate: 7.55µg (1.89%), Vitamin B5: 0.15mg (1.54%), Vitamin B12: 0.09µg (1.5%)