



Cheddar 'n' Apple Cinnamon-Raisin Toast

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



190 kcal

Ingredients

- ☐ 1 slice cinnamon-raisin bread toasted
- ☐ 1 serving apples i use 2 granny smith apples thinly sliced
- ☐ 0.8 ounce sharp cheddar cheese shredded

Equipment

Directions

- ☐ Melt cheese over toasted cinnamon-raisin bread. Top with thinly sliced apple.

Nutrition Facts



 **PROTEIN 14.64%**  **FAT 38.94%**  **CARBS 46.42%**

Properties

Glycemic Index:130, Glycemic Load:11.28, Inflammation Score:-3, Nutrition Score:6.2343478980272%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 190.49kcal (9.52%), Fat: 8.48g (13.05%), Saturated Fat: 4.38g (27.38%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 20.12g (7.32%), Sugar: 8.05g (8.94%), Cholesterol: 21.26mg (7.09%), Sodium: 229.9mg (10%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Calcium: 171.23mg (17.12%), Selenium: 11.22µg (16.02%), Phosphorus: 132.6mg (13.26%), Vitamin B2: 0.21mg (12.56%), Fiber: 2.62g (10.47%), Folate: 33.9µg (8.48%), Manganese: 0.15mg (7.71%), Vitamin B1: 0.1mg (7%), Zinc: 0.99mg (6.62%), Vitamin A: 246.8IU (4.94%), Vitamin B3: 0.97mg (4.85%), Iron: 0.86mg (4.79%), Potassium: 142.27mg (4.06%), Magnesium: 15.63mg (3.91%), Copper: 0.08mg (3.77%), Vitamin B12: 0.23µg (3.76%), Vitamin C: 2.9mg (3.52%), Vitamin B6: 0.06mg (2.91%), Vitamin E: 0.34mg (2.3%), Vitamin B5: 0.23mg (2.27%), Vitamin K: 2.33µg (2.22%)