



Cheesy Apple-Cinnamon Raisin Grill

READY IN



10 min.

SERVINGS



10

CALORIES



23 kcal

SIDE DISH

Ingredients

- 0.3 cup apples thin
- 2 tsp butter softened
- 2 slices cinnamon-raisin bread
- 1 singles kraft

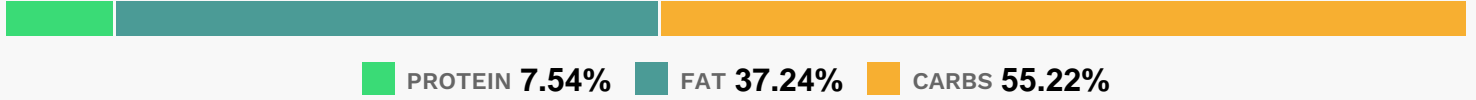
Equipment

- frying pan

Directions

- Fill bread slices with Singles and apples.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until sandwich is golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:0.64695652298953%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 23.32kcal (1.17%), Fat: 0.99g (1.53%), Saturated Fat: 0.22g (1.34%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.74g (0.82%), Cholesterol: 0.02mg (0.01%), Sodium: 28.25mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Selenium: 1.04µg (1.49%), Folate: 5.65µg (1.41%), Manganese: 0.03mg (1.38%), Vitamin B2: 0.02mg (1.32%), Fiber: 0.32g (1.3%), Vitamin B1: 0.02mg (1.23%)