



Cheesy Apple-Cinnamon Raisin Grill

READY IN



10 min.

SERVINGS



1

CALORIES



233 kcal

SIDE DISH

Ingredients

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

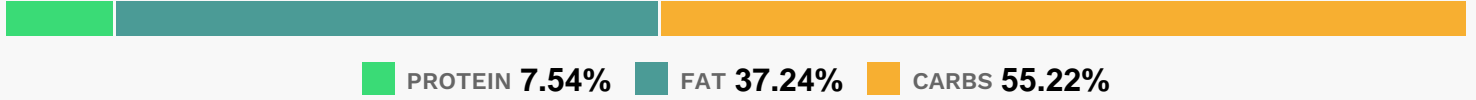
Equipment

- 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:103, Glycemic Load:19.24, Inflammation Score:-5, Nutrition Score:6.4608695571837%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 233.21kcal (11.66%), Fat: 9.94g (15.29%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 33.15g (11.05%), Net Carbohydrates: 29.91g (10.88%), Sugar: 7.35g (8.17%), Cholesterol: 0.16mg (0.05%), Sodium: 282.48mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Selenium: 10.4µg (14.86%), Folate: 56.46µg (14.12%), Manganese: 0.28mg (13.76%), Vitamin B2: 0.22mg (13.18%), Fiber: 3.24g (12.95%), Vitamin B1: 0.18mg (12.29%), Vitamin B3: 1.84mg (9.21%), Iron: 1.56mg (8.66%), Vitamin A: 380.4IU (7.61%), Phosphorus: 72.66mg (7.27%), Copper: 0.11mg (5.71%), Potassium: 168.93mg (4.83%), Calcium: 46.76mg (4.68%), Magnesium: 15.89mg (3.97%), Vitamin E: 0.51mg (3.41%), Zinc: 0.42mg (2.77%), Vitamin B6: 0.05mg (2.69%), Vitamin C: 1.99mg (2.41%), Vitamin B5: 0.23mg (2.35%), Vitamin K: 1.8µg (1.71%)