



Cinnamon-Apple Morning Sandwich

READY IN



12 min.

SERVINGS



12

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices apples thin
- 2 slices grain cinnamon-raisin bread whole
- 2 Tbsp philadelphia cream cheese fat free softened
- 0.1 tsp ground cinnamon
- 1 tsp butter

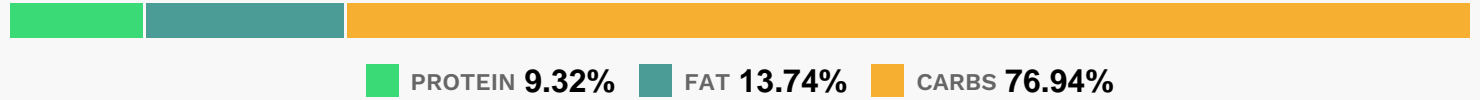
Equipment

- frying pan

Directions

- Spread bread with cream cheese. Top 1 bread slice with apples; sprinkle with cinnamon. Cover with remaining bread slice, cream cheese-side down.
- Melt margarine in nonstick skillet on medium heat.
- Add sandwich; cook 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:2.8, Inflammation Score:-1, Nutrition Score:1.27565217666%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 36.8kcal (1.84%), Fat: 0.6g (0.92%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.46g (2.35%), Sugar: 4.19g (4.66%), Cholesterol: 0.36mg (0.12%), Sodium: 40.16mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Fiber: 1.07g (4.29%), Phosphorus: 24.52mg (2.45%), Vitamin B2: 0.03mg (2.05%), Vitamin C: 1.68mg (2.03%), Manganese: 0.04mg (1.98%), Folate: 6.74µg (1.68%), Potassium: 57.33mg (1.64%), Calcium: 15.96mg (1.6%), Vitamin B1: 0.02mg (1.47%), Selenium: 1.01µg (1.45%)