



Cinnamon Raisin Fold-Over Sandwiches

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices cinnamon-raisin bread
- 1 tsp raspberry preserves red
- 2 Tbsp philadelphia

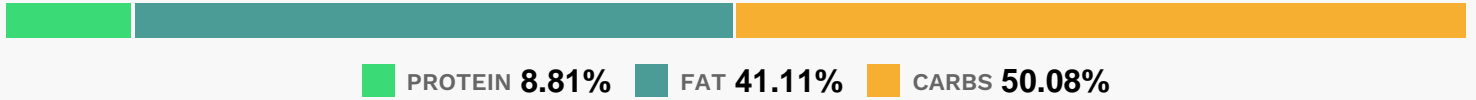
Equipment

Directions

- Spread centers of bread slices with reduced-fat cream cheese, then preserves.

Fold diagonally in half; pinch edges together to seal.

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:4.15, Inflammation Score:-1, Nutrition Score:1.3547826156668%

Nutrients (% of daily need)

Calories: 52.69kcal (2.63%), Fat: 2.45g (3.78%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 6.26g (2.28%), Sugar: 1.49g (1.65%), Cholesterol: 5.86mg (1.95%), Sodium: 54.75mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Selenium: 2.61µg (3.72%), Vitamin B2: 0.06mg (3.28%), Folate: 11.7µg (2.93%), Manganese: 0.05mg (2.67%), Vitamin B1: 0.04mg (2.45%), Fiber: 0.46g (1.85%), Vitamin B3: 0.37mg (1.83%), Phosphorus: 17.81mg (1.78%), Iron: 0.31mg (1.75%), Vitamin A: 77.89IU (1.56%), Calcium: 12.77mg (1.28%), Copper: 0.02mg (1.15%)