



Cinnamon Toast - The RIGHT Way

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



446 kcal

Ingredients

- 3 teaspoons ground cinnamon
- 0.1 teaspoon nutmeg
- 2 sticks butter salted softened
- 1 cup sugar to taste (more)
- 2 teaspoons vanilla extract to taste (more)
- 16 slices bread whole wheat (Is Great!)

Equipment

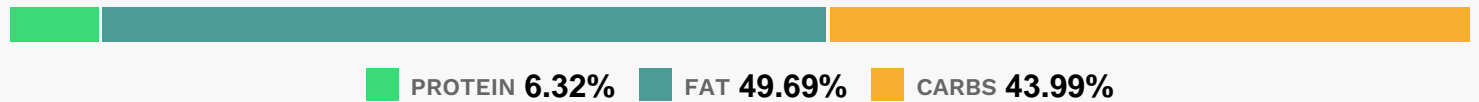
- baking sheet
- oven

broiler

Directions

- Preheat oven to 350 degrees. Smush softened butter with a fork. Dump in sugar, cinnamon, vanilla and nutmeg, if using. Stir to completely combine.
- Spread on slices of bread, completely covering the surface all the way to the edges.
- Place toast on a cookie sheet.
- Place cookies sheet into the oven and bake for 10 minutes. Turn on the broiler and broil until golden brown and bubbling. Watch so it won't burn!
- Remove from oven and cut slices into halves diagonally.

Nutrition Facts



Properties

Glycemic Index:33.1, Glycemic Load:31.96, Inflammation Score:-5, Nutrition Score:10.492174018012%

Nutrients (% of daily need)

Calories: 445.94kcal (22.3%), Fat: 25g (38.46%), Saturated Fat: 14.94g (93.38%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 46.03g (16.74%), Sugar: 27.59g (30.65%), Cholesterol: 60.74mg (20.25%), Sodium: 434.07mg (18.87%), Alcohol: 0.34g (100%), Alcohol %: 0.39% (100%), Protein: 7.16g (14.32%), Manganese: 1.33mg (66.54%), Selenium: 14.9µg (21.29%), Fiber: 3.76g (15.06%), Vitamin B1: 0.22mg (14.72%), Vitamin A: 709.89IU (14.2%), Phosphorus: 126.11mg (12.61%), Vitamin B3: 2.51mg (12.54%), Magnesium: 44.31mg (11.08%), Calcium: 105.99mg (10.6%), Iron: 1.52mg (8.42%), Zinc: 1.03mg (6.86%), Copper: 0.13mg (6.59%), Vitamin E: 0.98mg (6.5%), Vitamin B2: 0.11mg (6.39%), Vitamin K: 6.58µg (6.27%), Vitamin B6: 0.12mg (6.17%), Folate: 24.44µg (6.11%), Potassium: 152.1mg (4.35%), Vitamin B5: 0.42mg (4.18%)