



Express Lunch Plate

 Vegetarian

READY IN

ready

5 min.

SERVINGS

servings

1

CALORIES

calories

298 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 apples cored sliced
- ☐ 1 ounce cheddar cheese wedge
- ☐ 1 large hard-cooked egg
- ☐ 3 rye crispbread crackers such as wasa or ryvita

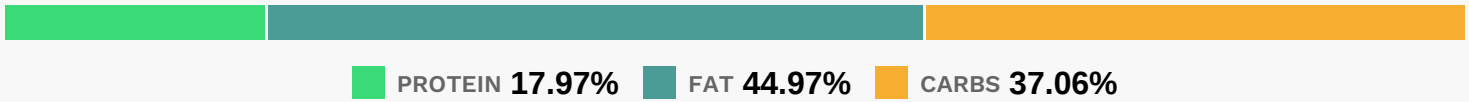
Equipment

Directions

☐

 Arrange all ingredients on a plate

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:6.83, Inflammation Score:-5, Nutrition Score:11.940000062403%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 297.53kcal (14.88%), Fat: 15.33g (23.59%), Saturated Fat: 7.14g (44.6%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 23.38g (8.5%), Sugar: 19.61g (21.79%), Cholesterol: 214.85mg (71.62%), Sodium: 249.26mg (10.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Selenium: 24.95µg (35.65%), Vitamin B2: 0.44mg (25.76%), Phosphorus: 254.82mg (25.48%), Calcium: 238.03mg (23.8%), Fiber: 5.05g (20.18%), Vitamin B12: 0.86µg (14.26%), Manganese: 0.28mg (14.03%), Vitamin A: 642.67IU (12.85%), Zinc: 1.81mg (12.04%), Vitamin C: 8.37mg (10.15%), Vitamin B5: 0.97mg (9.72%), Potassium: 301.47mg (8.61%), Vitamin D: 1.27µg (8.47%), Folate: 33.86µg (8.47%), Vitamin B6: 0.17mg (8.33%), Vitamin E: 1.1mg (7.31%), Magnesium: 29.19mg (7.3%), Iron: 1.05mg (5.84%), Vitamin B1: 0.08mg (5.41%), Vitamin K: 5.01µg (4.77%), Copper: 0.09mg (4.3%), Vitamin B3: 0.38mg (1.89%)