



Hot Jam Breakfast Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.5 cup apricot preserves
- 0.3 cup butter
- 0.3 cup coconut flakes flaked
- 0.5 teaspoon ground cinnamon
- 12 slices raisin bread

Equipment

- bowl
- frying pan

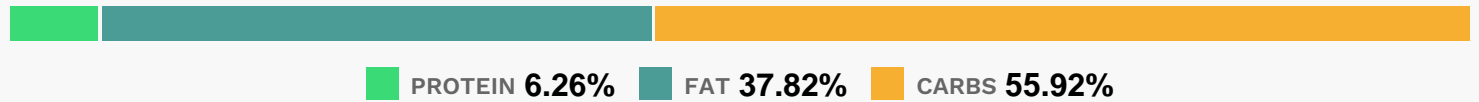
grill

Directions

In a bowl, mix butter and coconut; stir in jam and cinnamon.

Spread between slices of bread. Grill on a greased skillet until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:17.73, Inflammation Score:-4, Nutrition Score:6.6769565304984%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 281.79kcal (14.09%), Fat: 12.29g (18.9%), Saturated Fat: 7.45g (46.58%), Carbohydrates: 40.87g (13.62%), Net Carbohydrates: 37.91g (13.79%), Sugar: 11.78g (13.09%), Cholesterol: 20.34mg (6.78%), Sodium: 250.47mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Manganese: 0.39mg (19.74%), Selenium: 11.55µg (16.5%), Folate: 55.93µg (13.98%), Vitamin B2: 0.22mg (12.83%), Vitamin B1: 0.18mg (11.93%), Fiber: 2.96g (11.84%), Iron: 1.74mg (9.66%), Vitamin B3: 1.84mg (9.18%), Copper: 0.15mg (7.57%), Phosphorus: 66.94mg (6.69%), Vitamin A: 277.27IU (5.55%), Magnesium: 17.79mg (4.45%), Potassium: 155.44mg (4.44%), Calcium: 43.12mg (4.31%), Zinc: 0.47mg (3.13%), Vitamin E: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.55%), Vitamin B5: 0.24mg (2.45%), Vitamin C: 1.85mg (2.24%), Vitamin K: 1.61µg (1.53%)