



Nutty Pear Toast

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



23 kcal

Ingredients

- 1 slice multi-grain bread toasted
- 1 tsp pancake syrup
- 0.3 pears fresh cut into thin slices
- 1 Tbsp planters walnuts chopped
- 1 Tbsp philadelphia

Equipment

Directions

Spread toast with reduced-fat cream cheese.

Top with remaining ingredients.

Nutrition Facts

PROTEIN 9.91% **FAT 46.97%** **CARBS 43.12%**

Properties

Glycemic Index:15.34, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:0.83565217596681%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 23.34kcal (1.17%), Fat: 1.27g (1.95%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.64g (0.71%), Cholesterol: 1.49mg (0.5%), Sodium: 17.9mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Manganese: 0.1mg (4.84%), Fiber: 0.37g (1.49%), Copper: 0.03mg (1.38%), Selenium: 0.91µg (1.29%), Phosphorus: 11.55mg (1.16%), Magnesium: 4.19mg (1.05%), Vitamin B1: 0.02mg (1.02%)