



Toaster Waffle Sandwich

 **Gluten Free**

READY IN



10 min.

SERVINGS



10

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices apples thin
- 2 boca veggie breakfast links frozen
- 0.5 tsp cinnamon sugar
- 2 waffles frozen
- 2 Tbsp pancake syrup
- 1 milk sharp cheddar singles 2% kraft

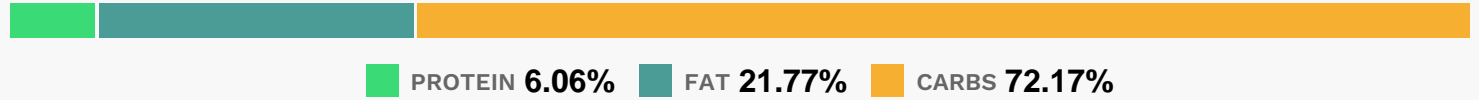
Equipment

- microwave

Directions

- Toast waffles. Meanwhile, microwave breakfast links as directed on package.
- Cut links lengthwise in half. Fill waffles with 2% Milk Singles, apples, cinnamon sugar and breakfast links; cut in half.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:15.71, Glycemic Load:2.53, Inflammation Score:-2, Nutrition Score:2.2804348151321%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 78.68kcal (3.93%), Fat: 2.01g (3.09%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 13.33g (4.85%), Sugar: 7.2g (8%), Cholesterol: 4.96mg (1.65%), Sodium: 71.69mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Fiber: 1.65g (6.61%), Vitamin B6: 0.08mg (4.09%), Vitamin C: 3.04mg (3.68%), Vitamin B1: 0.05mg (3.63%), Phosphorus: 35.36mg (3.54%), Vitamin B2: 0.06mg (3.48%), Vitamin B3: 0.68mg (3.38%), Iron: 0.59mg (3.27%), Vitamin A: 148.23IU (2.96%), Vitamin B12: 0.16µg (2.68%), Potassium: 86.12mg (2.46%), Calcium: 21.31mg (2.13%), Folate: 8.32µg (2.08%), Copper: 0.03mg (1.44%), Vitamin K: 1.46µg (1.39%), Manganese: 0.03mg (1.33%), Magnesium: 5.13mg (1.28%), Zinc: 0.15mg (1.02%)