



Walnut Cream Cheese on Cinnamon-Raisin

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

Ingredients

- 4 servings butter softened
- 8 slices cinnamon-raisin bread
- 4 ounces cream cheese softened
- 0.1 teaspoon ground cinnamon
- 3 tablespoons brown sugar light
- 0.3 cup walnuts toasted chopped

Equipment

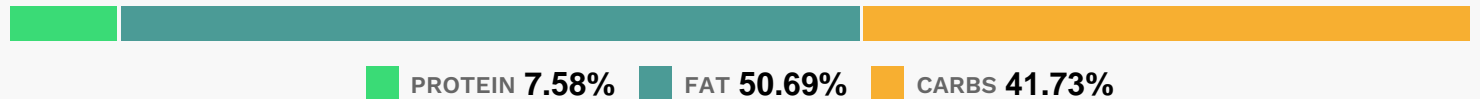
- bowl

frying pan

Directions

- Combine first 4 ingredients in a small bowl.
- Spread cream cheese mixture on 4 bread slices; top with remaining 4 bread slices.
- Spread outside of sandwiches with softened butter. Cook in a nonstick skillet over medium heat 2 minutes on each side or until cheese melts and bread is golden brown.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:18.25, Inflammation Score:-5, Nutrition Score:8.606521702331%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 359.73kcal (17.99%), Fat: 20.86g (32.1%), Saturated Fat: 9.31g (58.17%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 35.89g (13.05%), Sugar: 12.94g (14.38%), Cholesterol: 39.38mg (13.13%), Sodium: 304.28mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Manganese: 0.53mg (26.5%), Selenium: 13.36µg (19.08%), Vitamin B2: 0.28mg (16.76%), Folate: 65.08µg (16.27%), Vitamin B1: 0.21mg (13.87%), Copper: 0.23mg (11.44%), Phosphorus: 113.92mg (11.39%), Fiber: 2.76g (11.04%), Vitamin A: 507.33IU (10.15%), Iron: 1.82mg (10.12%), Vitamin B3: 1.92mg (9.61%), Calcium: 78.28mg (7.83%), Magnesium: 28.57mg (7.14%), Potassium: 201.15mg (5.75%), Zinc: 0.75mg (5%), Vitamin B6: 0.09mg (4.75%), Vitamin B5: 0.42mg (4.22%), Vitamin E: 0.56mg (3.72%), Vitamin K: 2.05µg (1.95%), Vitamin B12: 0.07µg (1.18%)