



Healthdor

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Wheat Toast ♦♦

A simple breakfast recipe consisting of wheat toast.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 2 mins

Total Time: 7 mins

Recipe Yield: 30 grams

Number of Servings: 1

Serving Size: 30 g

Ingredients

2 slices wheat bread

Directions

Step 1

Toasting

Toast the wheat bread slices.

Prep Time: 2 mins

Cook Time: 2 mins

Step 2

Serve and enjoy.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 1 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	2 mg	0.06%	0.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Italian

Course

Breads

Salads

Snacks

Sauces & Dressings

Cultural

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Flexitarian Diet

Vegetarian Diet

Raw Food Diet

The Scarsdale Diet

The French Women Don't Get Fat Diet

The Israeli Army Diet

The Air Diet

The Negative Calorie Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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