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## Apple Toast

Apple toast is a delicious and nutritious breakfast option. It is made by toasting bread and topping it with sliced apples and a sprinkle of cinnamon. This recipe is not only easy to make but also provides a good source of fiber and vitamins. It can be enjoyed by people of all ages.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 2

**Serving Size:** 50 g

### Ingredients

<b>2 slices</b>	bread
<b>1 medium</b>	Apple
<b>1 teaspoon</b>	Cinnamon

# Directions

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## Step 1

### Toasting

Toast the bread slices until golden brown.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 2

### Cutting

Slice the apple into thin rounds.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

### Plating

Place the apple slices on top of the toasted bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

## Sprinkling

Sprinkle cinnamon on top.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 38 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
Fibers	6 g	15.79%	24%
Sugars	19 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	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	195 mg	5.74%	7.5%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Winter Spring Summer

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
 Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

**Course**

Appetizers

**Difficulty Level**

Easy

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