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## Blueberry, Cinnamon, and Goat Cheese Toast with Sunflower Seeds

This delicious vegetarian recipe combines the sweet and tangy flavors of blueberries, the warmth of cinnamon, the creamy richness of goat cheese, and the crunch of sunflower seeds. It's perfect for breakfast or brunch, and can also be enjoyed as a snack. The recipe is easy to make and requires minimal preparation and cooking time.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

100 g	blueberries
1 tsp	Cinnamon
50 g	goat cheese

**10 g** Sunflower Seeds

**2 slices** bread

## 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

#### Spreading

Spread goat cheese evenly on the toasted bread slices.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

#### Sprinkling

Sprinkle cinnamon over the goat cheese.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 4

Topping

Top with blueberries and sunflower seeds.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 9 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	9 g	52.94%	52.94%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	10 g	35.71%	40%
Cholesterol	15 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

### Meal Type

Brunch

Lunch

Snack

Breakfast

### Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

Oven

### Course

Appetizers

Salads

Snacks

### Difficulty Level

Medium

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