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## Buttered Toast with Cinnamon ✦

Buttered toast with a sprinkle of cinnamon is a classic breakfast dish that is loved by many. It is a simple and delicious way to start your day. The warm and comforting flavors of butter and cinnamon make this toast a favorite among both kids and adults. Whether you enjoy it with a cup of coffee or a glass of milk, this recipe is sure to satisfy your morning cravings.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Total Time:** 10 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 1

**Serving Size:** 100 g

### Ingredients

<b>1 slices</b>	Bread
<b>1 tsp</b>	butter
<b>1 tsp</b>	Cinnamon

# Directions

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## Step 1

### Toasting

Toast the bread until golden brown.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 2

### Spreading

Spread butter on the toasted bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

### Sprinkling

Sprinkle cinnamon on top of the buttered toast.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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# Nutrition Facts

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**Calories:** 160 kcal

**Fat:** 8 g

**Protein:** 3 g

**Carbohydrates:** 19 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	19 g	34.55%	38%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

## Vitamins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	50 mg	1.47%	1.92%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas

### Meal Type

Breakfast

### Kitchen Tools

Slow Cooker

### Course

Salads Snacks

### Demographics

Pregnancy Safe

### Diet

OMAD (One Meal a Day) Diet Vegetarian Diet Vegan Diet Pescatarian Diet

Anti-Inflammatory Diet Low Sodium Diet The Fast Metabolism Diet

The Swiss Secret Diet The Beverly Hills Diet The Sleeping Beauty Diet

The Cookie Diet The F-Plan Diet The Israeli Army Diet The Werewolf Diet

### Difficulty Level

Easy

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