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Cinnamon Apple and Honey Toast

Cinnamon Apple and Honey Toast is a delicious and healthy breakfast option. It is made with toasted bread topped with fresh apples, cinnamon, and drizzled with honey. This recipe is perfect for those who want a quick and easy breakfast that is both satisfying and nutritious.

Recipe Type: Standard

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

| | |
|-----------------|----------|
| 4 slices | bread |
| 2 medium | Apples |
| 1 teaspoon | Cinnamon |
| 2 tablespoon | Honey |

Directions

Step 1

Toasting

Toast the bread slices until golden brown.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Cutting

Slice the apples into thin rounds.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Plating

Place the apple slices on top of the toasted bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle cinnamon over the apple slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Drizzling

Drizzle honey over the cinnamon apple toast.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 2 g

Protein: 4 g

Carbohydrates: 45 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 | 45 g | 81.82% | 90% |
| Fibers | 4 g | 10.53% | 16% |
| Sugars | 20 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 | 0 g | 0% | 0% |
| Fat | 2 g | 7.14% | 8% |
| 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 | 1 mg | 6.67% | 6.67% |
| 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 | 4 mg | 50% | 22.22% |
| Potassium | 200 mg | 5.88% | 7.69% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Winter

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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