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Apple Slice Sandwich ♦♦

The Apple Slice Sandwich is a delicious and healthy snack that can be enjoyed at any time of the day. It consists of sliced apples sandwiched between two pieces of bread, with a variety of toppings and fillings. This recipe is perfect for those looking for a quick and easy snack option that is both nutritious and satisfying.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Apples
4 slices	bread
2 tbsp	peanut butter
2 tbsp	honey
1 tsp	cinnamon

Directions

Step 1

Cut

Slice the apples into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread peanut butter on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Arranging

Arrange the apple slices on one side of the bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Drizzling

Drizzle honey over the apple slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle cinnamon on top.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Cover with the remaining bread slices to form sandwiches.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 7 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	3 g	7.89%	12%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
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	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Winter Summer

Cuisines

Italian

Course

Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo

Cost

\$10 to \$20 \$20 to \$30 \$30 to \$40

Demographics

Kids Friendly Heart Healthy

Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)
Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet
Blood Type Diet Anti-Inflammatory Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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