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## Cinnamon Toast

Cinnamon Toast is a classic breakfast dish that is enjoyed by people of all ages. It is made by toasting bread and spreading butter and cinnamon sugar mixture on top. The warm and sweet flavors of cinnamon and sugar make this dish a comforting and delicious treat.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Total Time:** 10 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 2

**Serving Size:** 50 g

### Ingredients

<b>2 slices</b>	Bread
<b>2 tbsp</b>	butter
<b>1 tsp</b>	Cinnamon
<b>2 tsp</b>	Sugar

# Directions

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## Step 1

### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Spread butter on one side of each bread slice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

### Mixing

Mix cinnamon and sugar in a small bowl.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

### Sprinkling

Sprinkle the cinnamon sugar mixture on top of the buttered side of the bread slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

**Baking**

Place the bread slices on a baking sheet and bake for 5 minutes or until the edges are golden brown.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 6

**Cooling**

Remove from the oven and let cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 16 g

**Protein:** 2 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	16 g	57.14%	64%
Cholesterol	20 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	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## 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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