

# Recipe

## Apple-cheddar melt

Serve with 1-2 cups of your choice of vegetable, or select a side to help complete a balanced meal.

Makes 1 serving | Prep: 3 minutes | Cook: 6 minutes



### Ingredients

- ½ apple, medium, thinly sliced
- 1 slice low-fat, low-sodium cheddar cheese
- 2 slices sprouted, whole grain bread

### Preparation

Layer thin apple slices and cheese between bread slices. Broil or toast for 6 minutes.

Nutrition information per serving | Serving size: 1 sandwich



Calories: 297 | Total fat: 12 g | Saturated fat: 6 g | Sodium: 206 mg | Cholesterol: 28 mg | Total carbs: 36 g | Fiber: 6 g  
Sugars: 13 g | Protein: 14 g | Potassium: 256 mg

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