



Almond Butter and Fruit Sandwich

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

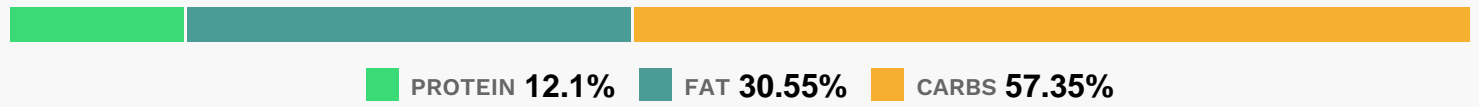
- 4 teaspoons almond butter raw
- 2 teaspoons whipped honey
- 2 slices whole-grain bread toasted
- 0.5 pears such as comice, cored and thinly sliced ripe
- 0.3 cup raspberries fresh
- 1 teaspoon wheat germ

Equipment

Directions

- Spread 1 slice of whole-grain bread with almond butter.
- Layer pear slices over the almond butter and sprinkle with wheat germ and raspberries.
- Spread the remaining slice of bread with honey. Sandwich the slices together, and enjoy.

Nutrition Facts



Properties

Glycemic Index:184.72, Glycemic Load:24.87, Inflammation Score:-6, Nutrition Score:19.236956521221%

Flavonoids

Cyanidin: 15.56mg, Cyanidin: 15.56mg, Cyanidin: 15.56mg, Cyanidin: 15.56mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 377.53kcal (18.88%), Fat: 13.5g (20.78%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 46.76g (17%), Sugar: 24.85g (27.61%), Cholesterol: 0mg (0%), Sodium: 255.27mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.07%), Manganese: 2.01mg (100.49%), Fiber: 10.29g (41.16%), Vitamin E: 5.51mg (36.75%), Magnesium: 114.42mg (28.6%), Phosphorus: 248.68mg (24.87%), Selenium: 15.98µg (22.83%), Copper: 0.43mg (21.32%), Vitamin B2: 0.33mg (19.15%), Vitamin B1: 0.27mg (17.75%), Calcium: 177.42mg (17.74%), Vitamin B3: 3.52mg (17.6%), Iron: 2.62mg (14.56%), Vitamin C: 11.76mg (14.25%), Zinc: 2.01mg (13.42%), Potassium: 454.34mg (12.98%), Folate: 49.74µg (12.44%), Vitamin K: 10.62µg (10.12%), Vitamin B6: 0.2mg (10.01%), Vitamin B5: 0.62mg (6.22%)