



Almond Butter and Smashed Berry Sandwiches



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons almond butter
- ☐ 0.3 cup blackberries fresh frozen thawed
- ☐ 0.3 cup blueberries fresh frozen thawed
- ☐ 2 muffins whole-wheat split english
- ☐ 1 teaspoon honey
- ☐ 1 pinch kosher salt

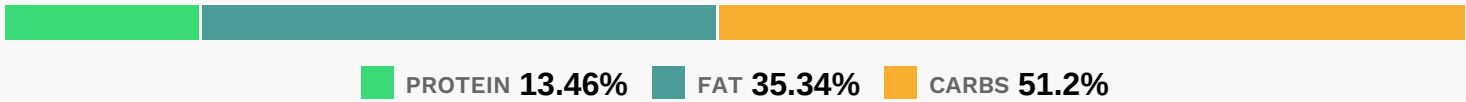
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Smash berries with honey in a small bowl, using a fork.
- ☐ Toast muffins, then spread each half with almond butter.
- ☐ Sprinkle lightly with the salt.
- ☐ Transfer berries to muffin bottoms, using a slotted spoon. Set muffin tops in place.

Nutrition Facts



Properties

Glycemic Index:58.64, Glycemic Load:2.59, Inflammation Score:-6, Nutrition Score:15.63173892187%

Flavonoids

Cyanidin: 19.56mg, Cyanidin: 19.56mg, Cyanidin: 19.56mg, Cyanidin: 19.56mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg Catechin: 7.65mg, Catechin: 7.65mg, Catechin: 7.65mg, Catechin: 7.65mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 242.88kcal (12.14%), Fat: 10.23g (15.73%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 26.46g (9.62%), Sugar: 10.91g (12.13%), Cholesterol: 0mg (0%), Sodium: 228.48mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.53%), Manganese: 1.54mg (77.13%), Selenium: 23.47µg (33.53%), Vitamin E: 4.42mg (29.49%), Fiber: 6.87g (27.49%), Phosphorus: 248.34mg (24.83%), Magnesium: 89.89mg (22.47%), Calcium: 213.12mg (21.31%), Copper: 0.31mg (15.59%), Vitamin B2: 0.24mg (14.33%), Vitamin B3: 2.65mg (13.23%), Vitamin B1: 0.19mg (12.53%), Iron: 2.13mg (11.85%), Folate: 42.09µg (10.52%), Zinc: 1.57mg (10.47%),

Potassium: 284.61mg (8.13%), Vitamin K: 7.7µg (7.34%), Vitamin C: 5.59mg (6.78%), Vitamin B6: 0.13mg (6.26%),
Vitamin B5: 0.52mg (5.22%), Vitamin A: 51.52IU (1.03%)