



Almond Butter, Plum, and Granola Sandwich



Vegetarian



Dairy Free

READY IN



9 min.

SERVINGS



2

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

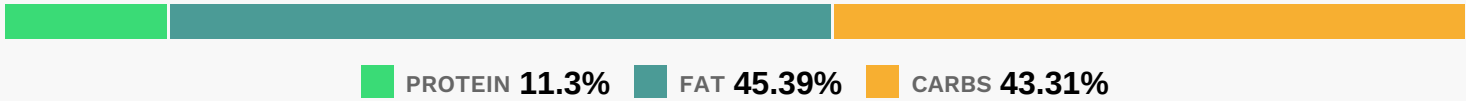
- ☐ 0.5 cup almond butter
- ☐ 0.3 cup granola cereal with raisins
- ☐ 0.3 cup honey
- ☐ 4 slices grain bread whole
- ☐ 1 plum pitted ripe thinly sliced

Equipment

Directions

- ☐ Spread 2 bread slices with almond butter. Arrange plum slices over almond butter, and sprinkle with granola.
- ☐ Drizzle with honey. Top with remaining 2 bread slices.

Nutrition Facts



Properties

Glycemic Index:80.32, Glycemic Load:33.96, Inflammation Score:-8, Nutrition Score:28.501739250577%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 741.21kcal (37.06%), Fat: 39.52g (60.79%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 84.83g (28.28%), Net Carbohydrates: 73.69g (26.8%), Sugar: 46.42g (51.57%), Cholesterol: 0mg (0%), Sodium: 263.1mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.28%), Manganese: 2.99mg (149.36%), Vitamin E: 16.11mg (107.38%), Magnesium: 234.53mg (58.63%), Phosphorus: 488.03mg (48.8%), Fiber: 11.14g (44.55%), Vitamin B2: 0.73mg (43.06%), Copper: 0.79mg (39.43%), Calcium: 325.79mg (32.58%), Selenium: 18.93µg (27.04%), Iron: 4.51mg (25.07%), Vitamin B3: 4.79mg (23.93%), Zinc: 3.47mg (23.15%), Potassium: 740.52mg (21.16%), Vitamin B1: 0.3mg (20.07%), Folate: 64.33µg (16.08%), Vitamin B6: 0.22mg (11.17%), Vitamin B5: 0.74mg (7.43%), Vitamin K: 7.15µg (6.81%), Vitamin C: 3.36mg (4.08%), Vitamin A: 116.15IU (2.32%)