



Cook the Book: PBJ



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



761 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bread
- ☐ 1 juice of lemon
- ☐ 8 tablespoons peanut butter
- ☐ 1 teaspoon premium fruit pectin
- ☐ 4 cups rhubarb diced trimmed
- ☐ 2 cups sugar

Equipment

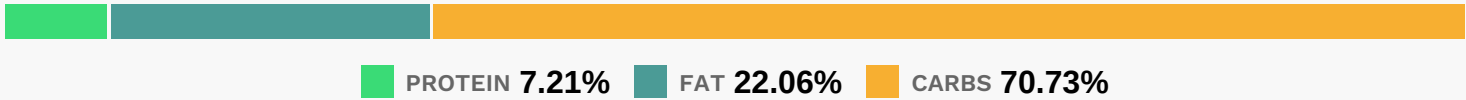
- ☐ bowl

- ☐ sauce pan
- ☐ stove

Directions

- ☐ In a bowl, combine the rhubarb, 2 cups sugar, and lemon juice and refrigerate overnight in a tightly covered container. The next day, in a small saucepan, bring the rhubarb-and-sugar mixture to a boil. Reduce the heat and simmer for about 5 minutes.
- ☐ Remove from the heat and set aside.
- ☐ In a small bowl, combine the pectin and remaining teaspoon sugar and temper it by adding small amounts of the hot rhubarb mixture and quickly stirring it.
- ☐ Add it to the rest of the rhubarb and return the saucepan to the stove and bring to a boil.
- ☐ Remove from the heat and place into a clean container with a lid. Once it has cooled down, close the lid and store in the refrigerator for up to 2 weeks.
- ☐ Evenly spread the peanut butter on 4 slices of bread.
- ☐ Spread 2 tablespoons of jelly on each of the other 4 slices. Close the sandwiches, cut into halves, and serve.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:85.32, Inflammation Score:-6, Nutrition Score:18.863913183627%

Flavonoids

Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epicatechin 3-gallate: 0.73mg, Epicatechin 3-gallate: 0.73mg, Epicatechin 3-gallate: 0.73mg, Epicatechin 3-gallate: 0.73mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 760.75kcal (38.04%), Fat: 19.47g (29.96%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 140.51g (46.84%), Net Carbohydrates: 134.41g (48.87%), Sugar: 107.9g (119.89%), Cholesterol: 0mg (0%), Sodium: 410.58mg

(17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Manganese: 1.38mg (69.08%), Vitamin B3: 7.76mg (38.8%), Vitamin K: 38.59µg (36.75%), Selenium: 19.39µg (27.7%), Fiber: 6.1g (24.4%), Magnesium: 92.14mg (23.04%), Vitamin E: 3.36mg (22.42%), Folate: 85.17µg (21.29%), Vitamin B1: 0.3mg (20.04%), Phosphorus: 198.42mg (19.84%), Calcium: 192.14mg (19.21%), Potassium: 620.61mg (17.73%), Iron: 2.93mg (16.26%), Vitamin C: 12.77mg (15.48%), Vitamin B2: 0.26mg (15.28%), Copper: 0.26mg (12.81%), Vitamin B6: 0.24mg (11.85%), Zinc: 1.54mg (10.24%), Vitamin B5: 0.91mg (9.13%), Vitamin A: 126.05IU (2.52%)