



Crunchy Fried PB and J

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



1373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bananas sliced thin
- ☐ 8 slices pullman bread 1-inch-thick
- ☐ 2 cups cinnamon square cereal crushed
- ☐ 3 large eggs beaten
- ☐ 1 cup chunky peanut butter
- ☐ 2 cups potato chips plain with ridges
- ☐ 1 cup raspberry preserves good
- ☐ 8 tablespoons butter unsalted 1 stick

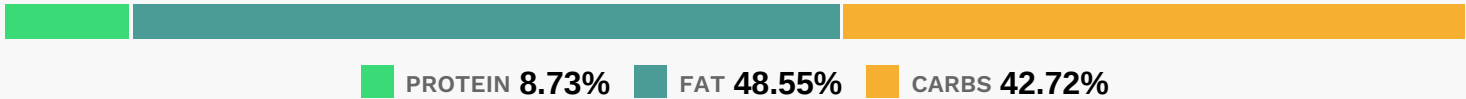
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Spread the peanut butter on 4 slices of bread and the raspberry preserves on the other 4 slices.
- ☐ Add the bananas and a nice pile of chips on top of the peanut butter slices; sandwich with the raspberry preserve slices.
- ☐ Place the eggs and cereal in separate shallow bowls.
- ☐ Heat a 12-inch nonstick skillet over medium-low heat and melt 2 tablespoons of the butter. Dip a sandwich in the eggs, then the cinnamon cereal, pressing down to make sure the cereal adheres to both sides. Repeat with the other sandwiches.
- ☐ In batches, fry the sandwiches low and slow until golden brown, 2 to 3 minutes per side, adding more butter to the pan as needed.
- ☐ Cut the sandwiches in half on the diagonal and serve.

Nutrition Facts



Properties

Glycemic Index:63.67, Glycemic Load:63.08, Inflammation Score:-9, Nutrition Score:45.631304326265%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1373.4kcal (68.67%), Fat: 76.9g (118.3%), Saturated Fat: 24.06g (150.38%), Carbohydrates: 152.25g (50.75%), Net Carbohydrates: 139.47g (50.72%), Sugar: 62.42g (69.36%), Cholesterol: 199.7mg (66.57%), Sodium:

957.68mg (41.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.24%), Manganese: 2.81mg (140.69%), Vitamin B3: 17.53mg (87.67%), Vitamin E: 11.76mg (78.4%), Folate: 288.41µg (72.1%), Selenium: 44.42µg (63.45%), Vitamin B6: 1.21mg (60.62%), Iron: 10.51mg (58.38%), Magnesium: 228.93mg (57.23%), Phosphorus: 555.82mg (55.58%), Vitamin B2: 0.87mg (51.19%), Fiber: 12.78g (51.13%), Vitamin B1: 0.72mg (47.87%), Vitamin B5: 3.98mg (39.84%), Potassium: 1394.48mg (39.84%), Copper: 0.72mg (35.79%), Zinc: 4.33mg (28.88%), Vitamin A: 1441.1IU (28.82%), Vitamin C: 21.91mg (26.55%), Vitamin B12: 1.38µg (23.02%), Calcium: 167mg (16.7%), Vitamin K: 14.98µg (14.26%), Vitamin D: 1.83µg (12.2%)