



Elvis Presley's Hot Peanut Butter and Banana Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small banana with a fork (1/4 cup) ripe mashed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons peanut butter (preferably smooth)
- ☐ 2 slices sandwich bread white

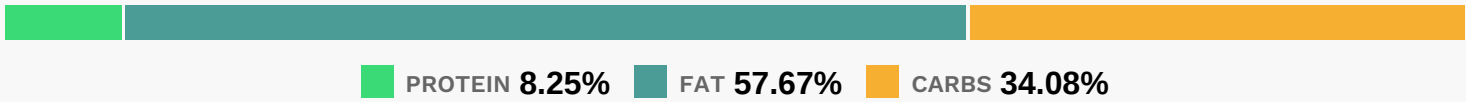
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ Spread peanut butter evenly on 1 slice of bread, then spread mashed banana on other slice, leaving a 1/4-inch border around edge. Close sandwich, gently pressing bread slices together.
- ☐ Heat butter in an 8- to 10-inch heavy skillet over moderate heat until foam subsides, then fry sandwich, turning over once, until golden brown, about 2 minutes total.
- ☐ Eat immediately with a knife and fork.

Nutrition Facts



Properties

Glycemic Index:193.56, Glycemic Load:29.5, Inflammation Score:-7, Nutrition Score:17.254782565262%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 616.69kcal (30.83%), Fat: 41.19g (63.37%), Saturated Fat: 18.15g (113.42%), Carbohydrates: 54.78g (18.26%), Net Carbohydrates: 49.47g (17.99%), Sugar: 18.37g (20.41%), Cholesterol: 60.2mg (20.07%), Sodium: 556.83mg (24.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.51%), Manganese: 1.04mg (51.89%), Vitamin B3: 7.32mg (36.6%), Vitamin B6: 0.56mg (27.98%), Folate: 104.06µg (26.01%), Vitamin E: 3.78mg (25.17%), Magnesium: 95.41mg (23.85%), Vitamin B1: 0.33mg (22.02%), Fiber: 5.31g (21.25%), Selenium: 14.2µg (20.29%), Phosphorus: 193.92mg (19.39%), Potassium: 607.28mg (17.35%), Vitamin B2: 0.26mg (15.55%), Vitamin A: 764.86IU (15.3%), Iron: 2.5mg (13.9%), Copper: 0.28mg (13.76%), Calcium: 132.95mg (13.3%), Vitamin C: 8.79mg (10.65%), Vitamin B5: 0.98mg (9.75%), Zinc: 1.43mg (9.53%), Vitamin K: 2.66µg (2.53%)