



Eyeball Sandwich



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 slices bread



8 olives green sliced



2 tablespoons peanut butter

Equipment

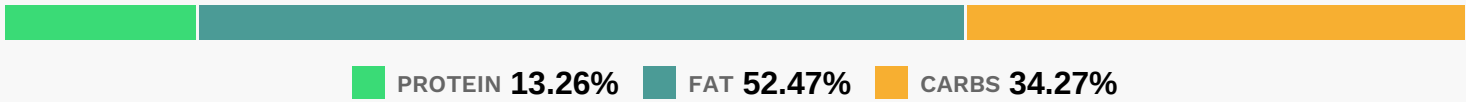
Directions



Spread peanut butter on one slice of bread; top with green olives.

Place second piece of bread atop the filling to make a sandwich.

Nutrition Facts



Properties

Glycemic Index:72.67, Glycemic Load:15.08, Inflammation Score:-5, Nutrition Score:14.570869721148%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Nutrients (% of daily need)

Calories: 390.88kcal (19.54%), Fat: 23.78g (36.59%), Saturated Fat: 4.27g (26.7%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 30.13g (10.96%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 901.36mg (39.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.04%), Manganese: 1.14mg (56.83%), Vitamin B3: 7.46mg (37.31%), Vitamin E: 4.24mg (28.27%), Selenium: 17.73µg (25.33%), Magnesium: 80.56mg (20.14%), Fiber: 4.83g (19.33%), Folate: 76.08µg (19.02%), Vitamin B1: 0.28mg (18.74%), Phosphorus: 182mg (18.2%), Iron: 2.73mg (15.15%), Copper: 0.26mg (12.78%), Vitamin B2: 0.2mg (12.03%), Vitamin B6: 0.21mg (10.71%), Calcium: 102.32mg (10.23%), Zinc: 1.41mg (9.39%), Vitamin B5: 0.81mg (8.06%), Potassium: 272.88mg (7.8%), Vitamin K: 3.29µg (3.13%), Vitamin A: 126.88IU (2.54%)