



WHATSheATE



Fried PB&J Pinchy Pies



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



943 kcal

Ingredients

- ☐ 4 teaspoons any flavor fruit jelly
- ☐ 2 servings peanut butter
- ☐ 3 cups vegetable oil for frying
- ☐ 4 slices bread white

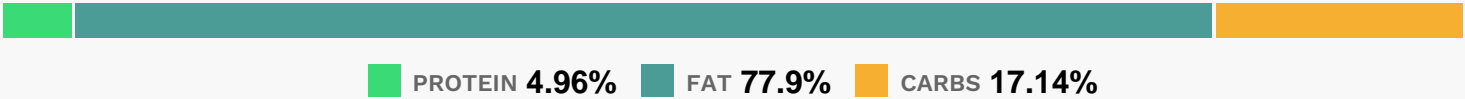
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- ☐ Cut bread into 3 1/2-inch rounds using a round cutter.
- ☐ Spread peanut butter into the center of 2 slices of bread, leaving 1/2-inch space around the border. Repeat with the jelly for the remaining 2 slices of bread.
- ☐ Place 1 slice jelly bread and 1 slice peanut butter bread together and press down edges to form a seal. Repeat with remaining slices.
- ☐ Place pies in preheated oil and cook until golden and crispy, about 2 minutes per side.
- ☐ Transfer to a plate lined with paper towels. Dust with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:71.89, Glycemic Load:23.54, Inflammation Score:-7, Nutrition Score:17.937825991165%

Nutrients (% of daily need)

Calories: 943.1kcal (47.15%), Fat: 83.56g (128.55%), Saturated Fat: 13.62g (85.11%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 38.54g (14.02%), Sugar: 12.82g (14.24%), Cholesterol: 0mg (0%), Sodium: 380.26mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.93%), Vitamin K: 120.47µg (114.73%), Vitamin E: 8.39mg (55.94%), Manganese: 0.77mg (38.54%), Vitamin B3: 6.64mg (33.21%), Folate: 84.56µg (21.14%), Vitamin B1: 0.3mg (19.99%), Selenium: 13.19µg (18.85%), Magnesium: 68.14mg (17.03%), Phosphorus: 167.64mg (16.76%), Iron: 2.32mg (12.86%), Calcium: 123.98mg (12.4%), Fiber: 2.84g (11.36%), Vitamin B2: 0.19mg (11.28%), Copper: 0.21mg (10.52%), Vitamin B6: 0.19mg (9.54%), Zinc: 1.26mg (8.41%), Potassium: 249.76mg (7.14%), Vitamin B5: 0.61mg (6.1%), Vitamin C: 1.23mg (1.49%)