



## Fruity Peanut Butter Sandwich



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

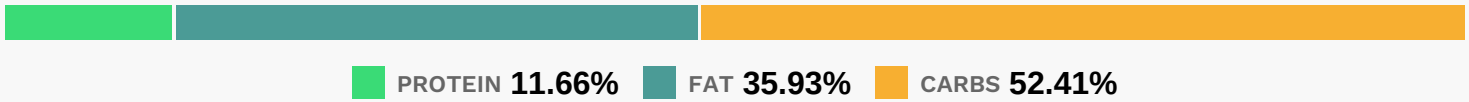
- ☐ 0.3 cup apples chopped
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 tablespoon roasted peanuts unsalted dry
- ☐ 2 slices whole-grain bread
- ☐ 1 tablespoon raisins
- ☐ 2 tablespoons strawberry jam

### Equipment

# Directions

- ☐ Spread peanut butter on one side of a slice of bread, and sprinkle with chopped apple, raisins, and peanuts.
- ☐ Spread jam over the remaining slice of bread, and place on top of fruit and nuts to make a sandwich.

## Nutrition Facts



## Properties

Glycemic Index:229.5, Glycemic Load:37.64, Inflammation Score:-6, Nutrition Score:19.537826170092%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 563.83kcal (28.19%), Fat: 23.47g (36.11%), Saturated Fat: 4.45g (27.83%), Carbohydrates: 77.04g (25.68%), Net Carbohydrates: 69.1g (25.13%), Sugar: 28.97g (32.19%), Cholesterol: 0mg (0%), Sodium: 447.59mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.27%), Manganese: 1.94mg (97%), Vitamin B3: 8.39mg (41.93%), Fiber: 7.95g (31.78%), Magnesium: 122.66mg (30.67%), Phosphorus: 285.79mg (28.58%), Vitamin E: 3.81mg (25.43%), Selenium: 17.58µg (25.11%), Vitamin B1: 0.31mg (20.46%), Copper: 0.4mg (19.87%), Vitamin B6: 0.36mg (17.93%), Folate: 66.53µg (16.63%), Potassium: 571.87mg (16.34%), Iron: 2.77mg (15.37%), Zinc: 2.14mg (14.26%), Vitamin B2: 0.24mg (14.09%), Calcium: 126.83mg (12.68%), Vitamin B5: 0.9mg (8.97%), Vitamin C: 5.77mg (6.99%), Vitamin K: 5.15µg (4.91%)