







Grilled Peanut Butter and Banana Sandwich

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



12 min.

SERVINGS



1

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 banana sliced
- 2 tablespoons peanut butter
- 2 slices bread whole wheat

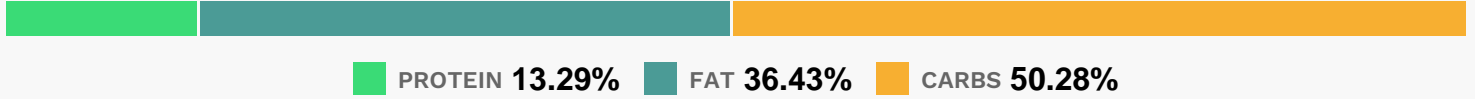
Equipment

- frying pan

Directions

- Heat a skillet or griddle over medium heat, and coat with cooking spray.
- Spread 1 tablespoon of peanut butter onto one side of each slice of bread.
- Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Nutrition Facts



Properties

Glycemic Index:138.47, Glycemic Load:28.32, Inflammation Score:-6, Nutrition Score:20.273043362991%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 438.3kcal (21.92%), Fat: 18.73g (28.81%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 58.18g (19.39%), Net Carbohydrates: 50.21g (18.26%), Sugar: 20.23g (22.47%), Cholesterol: 0mg (0%), Sodium: 390.46mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.75%), Manganese: 1.98mg (99.17%), Vitamin B3: 7.52mg (37.61%), Vitamin B6: 0.7mg (34.81%), Magnesium: 129.06mg (32.26%), Fiber: 7.96g (31.86%), Phosphorus: 253.16mg (25.32%), Selenium: 16.94µg (24.2%), Vitamin E: 3.34mg (22.24%), Potassium: 742.92mg (21.23%), Vitamin B1: 0.3mg (19.98%), Folate: 74.64µg (18.66%), Copper: 0.35mg (17.65%), Vitamin B2: 0.24mg (14.13%), Zinc: 1.98mg (13.17%), Iron: 2.29mg (12.74%), Vitamin C: 10.27mg (12.44%), Calcium: 112.86mg (11.29%), Vitamin B5: 1.12mg (11.17%), Vitamin K: 5.05µg (4.81%), Vitamin A: 77.2IU (1.54%)