



Grilled Peanut Butter and Banana Split Sandwich

READY IN



23 min.

SERVINGS



1

CALORIES



450 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 small banana cut lengthwise into 3 slices (2 ounces)
- 1 teaspoon butter softened
- 1 tablespoon creamy peanut butter
- 2 teaspoons honey
- 1 tablespoon pineapple preserves
- 0.5 teaspoon semisweet chocolate minichips
- 1 large strawberry thinly sliced
- 2 ounce sandwich bread white firm divided

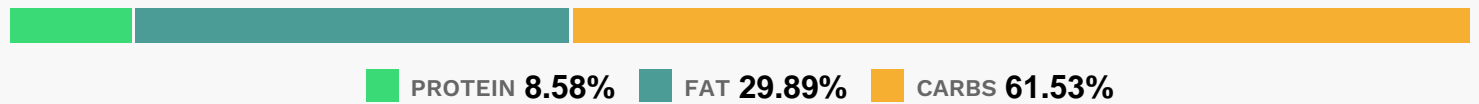
Equipment

frying pan

Directions

- Spread one side of each white bread slice with 1/2 teaspoon butter.
- Combine peanut butter and honey; spread over plain side of 1 bread slice.
- Sprinkle with chocolate chips; top evenly with strawberry slices and banana slices.
- Spread pineapple jam over plain side of remaining bread slice. Carefully assemble sandwich.
- Heat a small nonstick skillet over medium-high heat.
- Add sandwich; cook 2 minutes on each side or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:340.83, Glycemic Load:39.95, Inflammation Score:-6, Nutrition Score:14.294347772132%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 450.47kcal (22.52%), Fat: 15.47g (23.8%), Saturated Fat: 5.26g (32.86%), Carbohydrates: 71.66g (23.89%), Net Carbohydrates: 67.29g (24.47%), Sugar: 34.29g (38.1%), Cholesterol: 10.9mg (3.63%), Sodium: 379.23mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.97%), Manganese: 0.86mg (43.13%), Vitamin C: 22.1mg (26.79%), Vitamin B3: 5.31mg (26.57%), Folate: 95.91µg (23.98%), Vitamin B1: 0.34mg (22.39%), Selenium: 15.19µg (21.7%), Fiber: 4.37g (17.48%), Vitamin B6: 0.33mg (16.48%), Magnesium: 65.01mg (16.25%), Iron: 2.74mg (15.21%), Phosphorus: 147.87mg (14.79%), Calcium: 141.89mg (14.19%), Vitamin B2: 0.23mg (13.7%), Vitamin E: 1.87mg (12.44%), Copper: 0.25mg (12.28%), Potassium: 416.53mg (11.9%), Zinc: 1.13mg (7.54%), Vitamin B5: 0.7mg (7.02%), Vitamin A: 162.31IU (3.25%), Vitamin K: 1.54µg (1.46%)