



Grilled Peanut Butter and Jelly Sandwich

 Vegetarian  Gluten Free  Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



403 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons creamy peanut butter
- 2 tablespoons strawberry jam
- 1 tablespoon butter unsalted

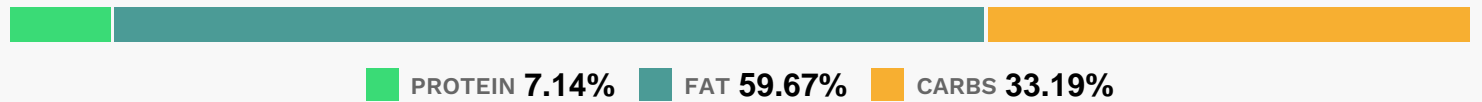
Equipment

- frying pan
- spatula

Directions

- Place the bread slices on a work surface and spread the peanut butter on 1 slice of bread and the jam on the other; set aside. Melt the butter in a large frying pan over medium heat until foaming.
- Add the 2 slices of bread filling-side up and cook until the bottoms are golden brown and the filling is warmed through, about 6 minutes. Using a flat spatula, flip 1 slice of bread onto the other to close the sandwich.
- Transfer to a plate and serve immediately.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:15.7, Inflammation Score:-4, Nutrition Score:7.5891304132731%

Nutrients (% of daily need)

Calories: 402.62kcal (20.13%), Fat: 27.74g (42.67%), Saturated Fat: 10.43g (65.17%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 32.73g (11.9%), Sugar: 22.77g (25.3%), Cholesterol: 30.1mg (10.03%), Sodium: 151.62mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.93%), Manganese: 0.49mg (24.28%), Vitamin E: 3.29mg (21.92%), Vitamin B3: 4.28mg (21.38%), Magnesium: 55.96mg (13.99%), Phosphorus: 119.44mg (11.94%), Copper: 0.18mg (8.83%), Folate: 32.34µg (8.09%), Fiber: 1.98g (7.9%), Vitamin B6: 0.15mg (7.53%), Vitamin A: 349.86IU (7%), Potassium: 214.64mg (6.13%), Vitamin B2: 0.1mg (5.66%), Zinc: 0.85mg (5.66%), Vitamin C: 3.52mg (4.27%), Iron: 0.75mg (4.18%), Vitamin B5: 0.36mg (3.63%), Vitamin B1: 0.05mg (3.42%), Selenium: 2.25µg (3.22%), Calcium: 27.04mg (2.7%), Vitamin D: 0.21µg (1.4%), Vitamin K: 1.08µg (1.02%)