



Grilled Peanut Butter and Jelly Sandwich

READY IN



13 min.

SERVINGS



1

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 2 teaspoons any flavor fruit jelly
- ☐ 1 teaspoon peanut butter
- ☐ 2 slices bread white

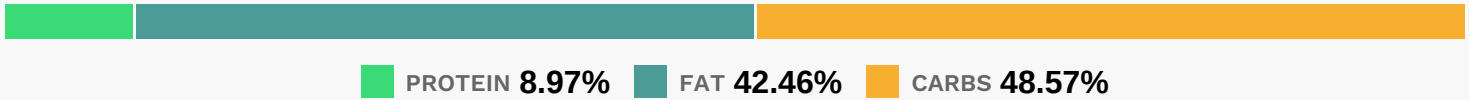
Equipment

- ☐ frying pan

Directions

- ☐
- Heat griddle or skillet to 350 degrees F (175 degrees C).
- ☐
- Spread butter on one side of each slice of bread.
- ☐
- Spread peanut butter on unbuttered side of one slice of bread, and jelly on the other.
- ☐
- Place one slice, buttered side down on the griddle. Top with other slice, so that peanut butter and jelly are in the middle. Cook for 4 minutes on each side, or until golden brown, and heated through.

Nutrition Facts



Properties

Glycemic Index:193.78, Glycemic Load:22.95, Inflammation Score:-4, Nutrition Score:7.7782608542753%

Nutrients (% of daily need)

Calories: 293.38kcal (14.67%), Fat: 14g (21.54%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 34.35g (12.49%), Sugar: 10.31g (11.45%), Cholesterol: 21.5mg (7.17%), Sodium: 341.6mg (14.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Manganese: 0.42mg (20.94%), Vitamin B1: 0.27mg (17.82%), Selenium: 12.31µg (17.58%), Vitamin B3: 3.45mg (17.27%), Folate: 64.22µg (16.06%), Calcium: 114.62mg (11.46%), Iron: 1.89mg (10.49%), Phosphorus: 88.68mg (8.87%), Vitamin B2: 0.15mg (8.78%), Vitamin E: 1.09mg (7.25%), Magnesium: 27.78mg (6.95%), Fiber: 1.69g (6.75%), Copper: 0.11mg (5.48%), Vitamin A: 250.4IU (5.01%), Zinc: 0.66mg (4.4%), Vitamin B6: 0.08mg (4.23%), Vitamin B5: 0.37mg (3.67%), Potassium: 116.8mg (3.34%), Vitamin C: 1.23mg (1.49%)