



Grown-Up PB & J Sandwich

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon butter softened
- ☐ 2 slices sandwich bread
- ☐ 2 tablespoons peanut butter
- ☐ 2 tablespoons strawberry jam
- ☐ 2 large strawberries sliced
- ☐ 1 tablespoon peanuts chopped

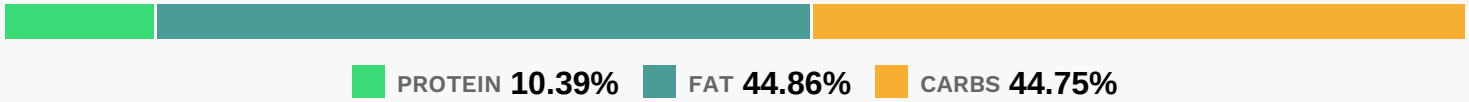
Equipment

- ☐ panini press

Directions

- ☐ Heat panini press.
- ☐ Spread butter on 1 side of bread slices. Turn over.
- ☐ Spread peanut butter on other side of 1 slice of bread and jam on other slice of bread.
- ☐ Top 1 slice of bread with strawberries and peanuts. Top with other slice of bread, buttered sides facing out.
- ☐ Cook on panini press as directed by the manufacturer

Nutrition Facts



Properties

Glycemic Index:248.03, Glycemic Load:34.55, Inflammation Score:-7, Nutrition Score:18.634348007%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 561.71kcal (28.09%), Fat: 28.97g (44.58%), Saturated Fat: 8.02g (50.11%), Carbohydrates: 65.03g (21.68%), Net Carbohydrates: 59.87g (21.77%), Sugar: 28.07g (31.19%), Cholesterol: 15.05mg (5.02%), Sodium: 436.33mg (18.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.2%), Manganese: 1.25mg (62.68%), Vitamin C: 35.27mg (42.75%), Vitamin B3: 8.45mg (42.27%), Folate: 124.59µg (31.15%), Vitamin B1: 0.38mg (25.66%), Magnesium: 95.14mg (23.78%), Vitamin E: 3.39mg (22.61%), Phosphorus: 226.02mg (22.6%), Selenium: 14.72µg

(21.03%), Fiber: 5.16g (20.62%), Copper: 0.35mg (17.62%), Iron: 3.04mg (16.91%), Calcium: 150.1mg (15.01%), Vitamin B2: 0.24mg (14.08%), Vitamin B6: 0.26mg (12.82%), Potassium: 428.48mg (12.24%), Zinc: 1.57mg (10.47%), Vitamin B5: 0.87mg (8.67%), Vitamin A: 181.91IU (3.64%), Vitamin K: 1.87µg (1.78%)