



## Pan-Fried Peanut Butter Jelly Sandwich

 Dairy Free

READY IN



12 min.

SERVINGS



2

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 glasses single-serving packages of so delicious almond+plus almond milk for serving
- ☐ 2 teaspoons non-hydrogenated dairy-free margarine for slathering (we used Earth Balance)
- ☐ 2 servings jelly (your choice of flavor)
- ☐ 2 servings peanut butter
- ☐ 4 slices sandwich bread gluten-free (we used Sourdough Multi-Grain)

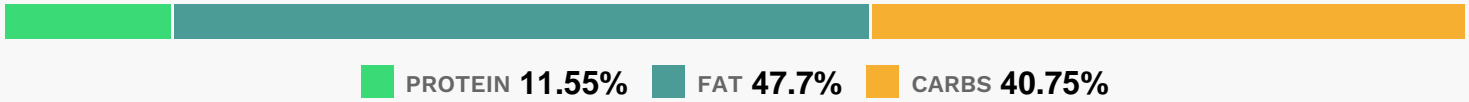
### Equipment

- ☐ frying pan

# Directions

- ☐ Melt 1 teaspoon of the margarine in a skillet over medium heat. While that is warming up, slather one side of each bread slice with some dairy-free margarine – just lightly, no need to use too much. On the opposite side of two slices, spread on some peanut butter, and on the opposite side of the remaining two slices, spread on as much jelly as you like. Match them up to make two peanut butter jelly sandwiches with margarine on the outsides. Once hot, place one sandwich in the skillet, and cook until it is lightly browned, about 3 minutes. Flip and lightly brown the other side.
- ☐ Serve to the hungry person next to you, and repeat the process with the second sandwich for you.
- ☐ Serve the sandwiches with some almond milk goodness to wash it down.

## Nutrition Facts



## Properties

Glycemic Index:71.89, Glycemic Load:25.78, Inflammation Score:-6, Nutrition Score:14.074347889942%

## Nutrients (% of daily need)

Calories: 443.42kcal (22.17%), Fat: 24.18g (37.2%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 42.85g (15.58%), Sugar: 15.97g (17.74%), Cholesterol: 0mg (0%), Sodium: 720.82mg (31.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.35%), Calcium: 408.38mg (40.84%), Manganese: 0.77mg (38.66%), Vitamin B3: 6.64mg (33.22%), Vitamin E: 4mg (26.68%), Folate: 85.22µg (21.31%), Vitamin B1: 0.3mg (20.06%), Selenium: 13.31µg (19.02%), Magnesium: 68.38mg (17.1%), Phosphorus: 168.98mg (16.9%), Fiber: 3.61g (14.46%), Iron: 2.33mg (12.95%), Vitamin B2: 0.2mg (11.55%), Copper: 0.22mg (10.82%), Vitamin B6: 0.19mg (9.6%), Zinc: 1.26mg (8.43%), Potassium: 255.76mg (7.31%), Vitamin B5: 0.61mg (6.11%), Vitamin A: 188.74IU (3.77%), Vitamin K: 2.93µg (2.79%), Vitamin C: 1.76mg (2.13%)