



Paula's Fried Peanut Butter and Banana Sandwich

 Vegetarian

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 to 3 bananas ripe
- ☐ 0.5 cup butter softened
- ☐ 0.8 cup crunchy peanut butter
- ☐ 1 tablespoon ground cinnamon
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 3 tablespoons honey
- ☐ 0.3 cup sugar

☐ 8 slices bread white

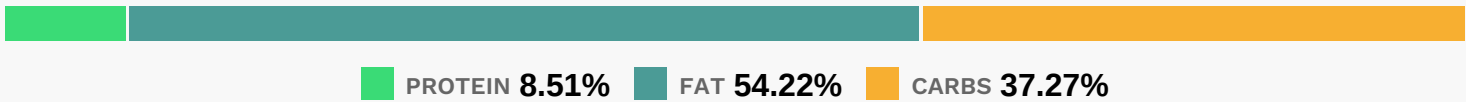
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ In a frying pan, melt 3 tablespoons of the butter. Make sure butter does not burn. In a small bowl mix together the peanut butter, honey, and cinnamon. Slice the bananas into 1/4-inch thick slices.
- ☐ Spread the peanut butter mixture on 4 slices of bread and cover with banana slices. Top with the remaining 4 slices of bread.
- ☐ Spread the remaining butter on both sides of the sandwiches. Grill the sandwiches in the frying pan until each side is golden brown.
- ☐ For topping, combine the sugar and cinnamon in shallow plate. Coat the grilled sandwiches with the mixture.
- ☐ Cut diagonally and serve hot.

Nutrition Facts



Properties

Glycemic Index:77.98, Glycemic Load:39.6, Inflammation Score:-8, Nutrition Score:20.906087152336%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 778.68kcal (38.93%), Fat: 49.23g (75.75%), Saturated Fat: 18.75g (117.19%), Carbohydrates: 76.15g (25.38%), Net Carbohydrates: 68.1g (24.76%), Sugar: 39.42g (43.8%), Cholesterol: 61.01mg (20.34%), Sodium:

657.67mg (28.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.79%), Manganese: 1.82mg (90.97%), Vitamin B3: 9.47mg (47.33%), Fiber: 8.05g (32.18%), Folate: 113.14µg (28.28%), Magnesium: 109.36mg (27.34%), Vitamin E: 3.94mg (26.26%), Selenium: 16.73µg (23.9%), Vitamin B6: 0.47mg (23.69%), Phosphorus: 233mg (23.3%), Vitamin B1: 0.33mg (21.67%), Copper: 0.4mg (20.17%), Potassium: 657.22mg (18.78%), Iron: 3.06mg (17%), Calcium: 165.65mg (16.57%), Vitamin A: 755.46IU (15.11%), Vitamin B2: 0.24mg (13.88%), Zinc: 1.99mg (13.27%), Vitamin B5: 1.06mg (10.58%), Vitamin C: 5.32mg (6.44%), Vitamin K: 3.48µg (3.32%)