



PB&J Revisited



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 2 ounce whole-grain cinnamon-raisin bread
- ☐ 1 tablespoon natural peanut butter (such as Smucker's)
- ☐ 2 teaspoons any flavor of fruit spread (such as Polaner All-Fruit)

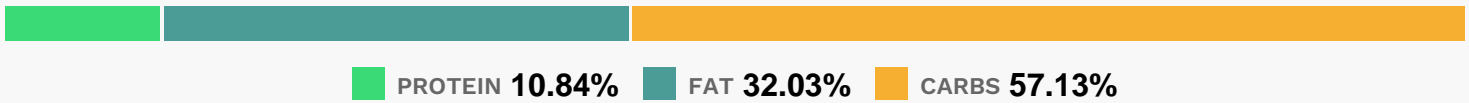
Equipment

- ☐ microwave

Directions

- ☐ Spread peanut butter evenly on one side of a bread slice; spread fruit spread on one side of remaining bread slice. Press bread together, and cut into squares.
- ☐ Serve the sandwich with baby carrots and milk.
- ☐ Mini PB&J Sandwiches variation: Use a slightly toasted whole-wheat mini bagel in place of the bread slices.
- ☐ Cut the sandwich in half before serving. CALORIES 192; FAT 4g (sat 2g, mono 4g, poly 7g); PROTEIN 5g; CARB 6g; FIBER 7g; CHOL 0mg; IRON 4mg; SODIUM 126mg; CALC 14mg
- ☐ kitchen tip: If you have trouble spreading natural peanut butter after it's been in the refrigerator, try warming a few tablespoons in the microwave for 15 seconds.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:24.94, Inflammation Score:-4, Nutrition Score:9.1169565009034%

Nutrients (% of daily need)

Calories: 289.8kcal (14.49%), Fat: 10.68g (16.43%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 39.51g (14.37%), Sugar: 11.69g (12.99%), Cholesterol: 0mg (0%), Sodium: 269.87mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Manganese: 0.52mg (26.21%), Vitamin B3: 4.1mg (20.49%), Folate: 75.4µg (18.85%), Selenium: 12.28µg (17.54%), Vitamin B2: 0.27mg (15.7%), Vitamin B1: 0.22mg (14.44%), Fiber: 3.36g (13.44%), Phosphorus: 118.7mg (11.87%), Iron: 1.99mg (11.05%), Vitamin E: 1.63mg (10.89%), Magnesium: 42.34mg (10.59%), Copper: 0.19mg (9.67%), Potassium: 229.73mg (6.56%), Vitamin B6: 0.11mg (5.65%), Zinc: 0.82mg (5.49%), Calcium: 48.06mg (4.81%), Vitamin B5: 0.39mg (3.92%), Vitamin C: 1.29mg (1.56%)