



Peachy-Keen" Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup philadelphia cream cheese spread
- 1 peaches thinly sliced
- 2 Tbsp raspberry jam seedless
- 4 slices honey wheat bread

Equipment

Directions

- Spread 2 of the bread slices with cream cheese spread; top with peaches.
- Spread remaining 2 bread slices with jam.
- Place, jam-sides down, over peaches to make two sandwiches.

Nutrition Facts



Properties

Glycemic Index:82.47, Glycemic Load:24.53, Inflammation Score:-5, Nutrition Score:11.593913078308%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 299.71kcal (14.99%), Fat: 8.35g (12.85%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 42.55g (15.47%), Sugar: 19.34g (21.49%), Cholesterol: 17.59mg (5.86%), Sodium: 399.81mg (17.38%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.4g (18.81%), Manganese: 1.25mg (62.47%), Selenium: 16.42µg (23.46%), Fiber: 4.7g (18.82%), Vitamin B1: 0.24mg (16.01%), Vitamin B3: 3.09mg (15.46%), Phosphorus: 139.02mg (13.9%), Calcium: 132.33mg (13.23%), Magnesium: 49.92mg (12.48%), Vitamin A: 515.74IU (10.31%), Copper: 0.21mg (10.25%), Iron: 1.79mg (9.93%), Zinc: 1.17mg (7.8%), Vitamin B2: 0.13mg (7.73%), Folate: 30.22µg (7.55%), Vitamin B6: 0.14mg (7.19%), Potassium: 246.9mg (7.05%), Vitamin K: 6.62µg (6.3%), Vitamin C: 4.84mg (5.86%), Vitamin E: 0.87mg (5.83%), Vitamin B5: 0.5mg (5.03%)