



Peanut Butter and Apple Sandwich



Vegetarian



Vegan



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 small apples shredded cored peeled



1 tablespoon peanut butter to taste



2 slices bread whole wheat

Equipment

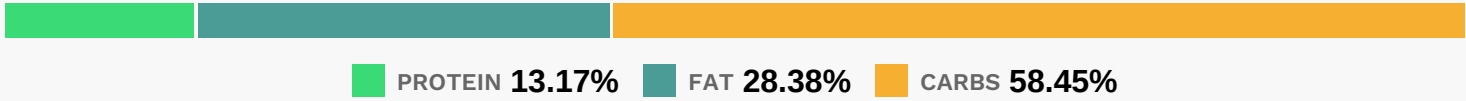
Directions



Spread a thin layer of peanut butter onto one side of each slice of bread.

- ☐
- Place shredded apple onto the peanut butter, and place the other peanut buttered side of bread on top.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:115.7, Glycemic Load:20.31, Inflammation Score:-5, Nutrition Score:14.349130532016%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 315.24kcal (15.76%), Fat: 10.42g (16.03%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 40.56g (14.75%), Sugar: 19.65g (21.83%), Cholesterol: 0mg (0%), Sodium: 322.13mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.75%), Manganese: 1.48mg (74.12%), Fiber: 7.7g (30.82%), Vitamin B3: 4.74mg (23.72%), Selenium: 15.1µg (21.58%), Magnesium: 77.61mg (19.4%), Phosphorus: 189.35mg (18.93%), Vitamin B1: 0.27mg (17.76%), Vitamin E: 2.03mg (13.52%), Vitamin B6: 0.25mg (12.65%), Copper: 0.23mg (11.7%), Potassium: 389.67mg (11.13%), Calcium: 108.06mg (10.81%), Iron: 1.89mg (10.5%), Folate: 41.75µg (10.44%), Zinc: 1.45mg (9.68%), Vitamin B2: 0.16mg (9.54%), Vitamin C: 6.85mg (8.31%), Vitamin K: 7.69µg (7.33%), Vitamin B5: 0.64mg (6.45%), Vitamin A: 82.14IU (1.64%)