



Peanut Butter and Jelly Sushi Rolls

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bread
- 2 tablespoons jif® creamy peanut butter
- 2 tablespoons smucker's® strawberry jelly your favorite (pick)

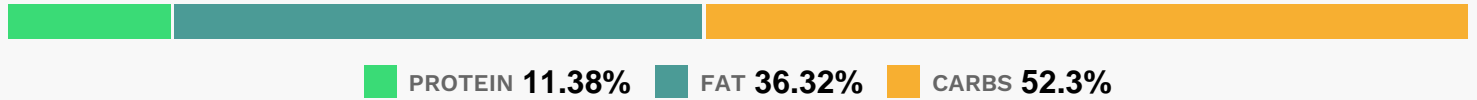
Equipment

- rolling pin

Directions

- Remove crusts from bread. With a rolling pin or large soup can, completely flatten bread.
- Spread 1 tablespoon of Jif peanut butter and 1 tablespoon of Smucker's fruit spread on each slice of bread.
- Roll each slice into a tight spiral.
- Cut each spiral into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:127.67, Glycemic Load:29.99, Inflammation Score:-5, Nutrition Score:14.343478172532%

Nutrients (% of daily need)

Calories: 455.68kcal (22.78%), Fat: 18.92g (29.1%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 61.3g (20.43%), Net Carbohydrates: 57.08g (20.76%), Sugar: 25.97g (28.85%), Cholesterol: 0mg (0%), Sodium: 414.96mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.68%), Manganese: 1.15mg (57.63%), Vitamin B3: 7.4mg (37%), Selenium: 18.24µg (26.06%), Vitamin E: 3.07mg (20.46%), Folate: 79.52µg (19.88%), Magnesium: 78.64mg (19.66%), Phosphorus: 188.32mg (18.83%), Vitamin B1: 0.28mg (18.71%), Fiber: 4.22g (16.86%), Iron: 2.77mg (15.36%), Vitamin B2: 0.23mg (13.68%), Copper: 0.26mg (12.86%), Vitamin B6: 0.21mg (10.61%), Zinc: 1.42mg (9.46%), Calcium: 93.68mg (9.37%), Potassium: 290.24mg (8.29%), Vitamin B5: 0.81mg (8.06%), Vitamin C: 3.63mg (4.4%), Vitamin K: 2.84µg (2.7%)