



Peanut Butter and Pear Sandwiches



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



386 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices bread whole-wheat
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 tablespoons honey
- ☐ 0.5 cup peanut butter
- ☐ 2 but pears firm cored ripe peeled sliced lengthwise
- ☐ 0.5 cup raisins

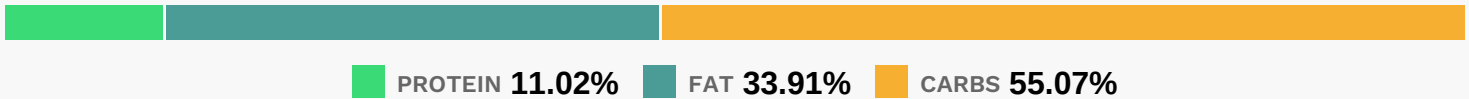
Equipment

- ☐ aluminum foil

Directions

- ☐ Spread 2 Tbsp. peanut butter evenly over one side of four bread slices.
- ☐ Sprinkle 2 Tbsp. raisins over each.
- ☐ Lay several slices of pear over raisins and sprinkle with cinnamon. Lightly spread one side of remaining bread slices with honey and place bread honey side down over pears.
- ☐ Cut in half diagonally and wrap in plastic or foil.

Nutrition Facts



Properties

Glycemic Index:45.1, Glycemic Load:24.95, Inflammation Score:-5, Nutrition Score:13.393478305443%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 386.07kcal (19.3%), Fat: 15.39g (23.68%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 56.24g (18.75%), Net Carbohydrates: 49.94g (18.16%), Sugar: 19.12g (21.24%), Cholesterol: 0mg (0%), Sodium: 327.7mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Manganese: 1.01mg (50.47%), Vitamin B3: 6.22mg (31.12%), Fiber: 6.29g (25.17%), Selenium: 14.19µg (20.27%), Magnesium: 71.53mg (17.88%), Vitamin E: 2.52mg (16.82%), Phosphorus: 165.07mg (16.51%), Folate: 65.86µg (16.47%), Vitamin B1: 0.24mg (16.3%), Iron: 2.61mg (14.48%), Copper: 0.28mg (14.01%), Vitamin B2: 0.21mg (12.37%), Potassium: 415.7mg (11.88%), Vitamin B6: 0.21mg (10.72%), Zinc: 1.24mg (8.26%), Calcium: 80.62mg (8.06%), Vitamin B5: 0.69mg (6.88%), Vitamin K: 5.44µg (5.18%), Vitamin C: 3.98mg (4.82%)