



## Peanut Butter, Bacon and Apple Sandwiches

 Dairy Free  Popular

READY IN



10 min.

SERVINGS



1

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

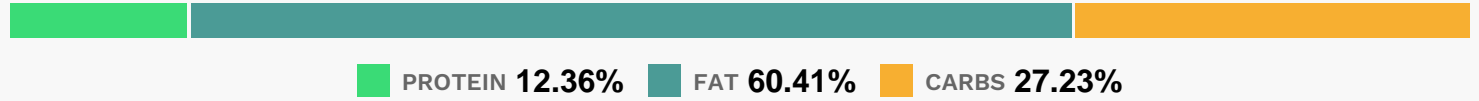
- 0.5 apples cored sliced
- 3 slices bacon crispy
- 2 tablespoons peanut butter
- 2 slices bread white toasted

### Equipment

### Directions

- Spread peanut butter onto one side of one slice of toast.
- Place slices of bacon onto the peanut butter and then the apple slices. Top with the other slice of bread.

## Nutrition Facts



### Properties

Glycemic Index:120.78, Glycemic Load:21.64, Inflammation Score:-6, Nutrition Score:17.264347802038%

### Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

### Nutrients (% of daily need)

Calories: 648.58kcal (32.43%), Fat: 44.5g (68.46%), Saturated Fat: 12.44g (77.77%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 40.27g (14.64%), Sugar: 15.49g (17.22%), Cholesterol: 43.56mg (14.52%), Sodium: 813.61mg (35.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.96%), Vitamin B3: 9.37mg (46.87%), Manganese: 0.8mg (40.21%), Selenium: 26.18µg (37.4%), Vitamin B1: 0.5mg (33.02%), Phosphorus: 270.03mg (27%), Vitamin E: 3.47mg (23.15%), Folate: 85.75µg (21.44%), Vitamin B6: 0.4mg (20.05%), Magnesium: 80.05mg (20.01%), Fiber: 4.87g (19.48%), Vitamin B2: 0.26mg (15.19%), Iron: 2.61mg (14.52%), Zinc: 2.07mg (13.79%), Potassium: 467.03mg (13.34%), Calcium: 129.94mg (12.99%), Copper: 0.25mg (12.43%), Vitamin B5: 1.03mg (10.29%), Vitamin B12: 0.33µg (5.5%), Vitamin C: 4.19mg (5.07%), Vitamin K: 2.2µg (2.09%), Vitamin D: 0.26µg (1.76%), Vitamin A: 74.06IU (1.48%)