



Peanut Butter, Bacon and Honey Sandwich

 Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices applewood bacon smoked
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons peanut butter
- ☐ 2 slices bread whole wheat

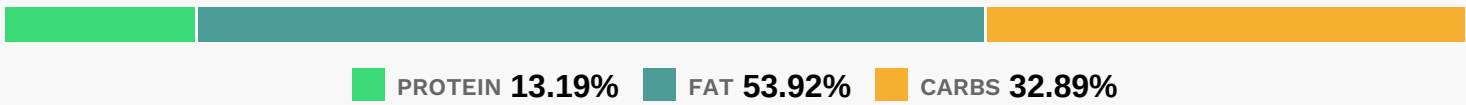
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ toaster

Directions

- ☐ Place the bacon in a skillet, and cook over medium-high heat, turning occasionally, until evenly browned and crisp, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate.
- ☐ Toast the slices of whole wheat bread in a toaster, and spread a toasted slice with peanut butter and honey.
- ☐ Place the bacon on the honey, top with the remaining toasted bread slice, and serve.

Nutrition Facts



Properties

Glycemic Index:135.97, Glycemic Load:24.29, Inflammation Score:-5, Nutrition Score:18.005652018215%

Nutrients (% of daily need)

Calories: 580.6kcal (29.03%), Fat: 35.8g (55.08%), Saturated Fat: 9.49g (59.33%), Carbohydrates: 49.14g (16.38%), Net Carbohydrates: 44.2g (16.07%), Sugar: 23.07g (25.63%), Cholesterol: 29.04mg (9.68%), Sodium: 681.4mg (29.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.41%), Manganese: 1.69mg (84.32%), Vitamin B3: 8.53mg (42.66%), Selenium: 24.77µg (35.39%), Phosphorus: 291.4mg (29.14%), Magnesium: 102.9mg (25.73%), Vitamin B1: 0.38mg (25.64%), Vitamin E: 3.41mg (22.71%), Fiber: 4.94g (19.75%), Vitamin B6: 0.39mg (19.26%), Zinc: 2.36mg (15.76%), Copper: 0.29mg (14.35%), Folate: 51.46µg (12.86%), Iron: 2.26mg (12.53%), Potassium: 418.52mg (11.96%), Vitamin B2: 0.2mg (11.63%), Calcium: 110.42mg (11.04%), Vitamin B5: 0.98mg (9.82%), Vitamin K: 4.46µg (4.25%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.18µg (1.17%)