



Peanut Butter, Bacon & Pepper Jelly Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

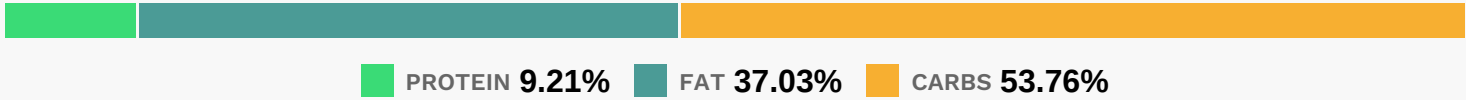
- ☐ 2 slices oscar mayer bacon cooked
- ☐ 2 Tbsp creamy peanut butter
- ☐ 1 Tbsp pepper jelly hot
- ☐ 4 slices pears fresh thin
- ☐ 1 grain muffin whole split english toasted

Equipment

Directions

- ☐ Spread 1 muffin half with peanut butter; spread remaining muffin half with jelly.
- ☐ Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:95.75, Glycemic Load:26.18, Inflammation Score:-8, Nutrition Score:31.001304331033%

Flavonoids

Cyanidin: 11.54mg, Cyanidin: 11.54mg, Cyanidin: 11.54mg, Cyanidin: 11.54mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 3.3mg, Epigallocatechin: 3.3mg, Epigallocatechin: 3.3mg, Epigallocatechin: 3.3mg Epicatechin: 21.06mg, Epicatechin: 21.06mg, Epicatechin: 21.06mg, Epicatechin: 21.06mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg, Epigallocatechin 3-gallate: 0.95mg Epigallocatechin 3-gallate: 0.95mg Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 815.43kcal (40.77%), Fat: 35.86g (55.17%), Saturated Fat: 9.4g (58.76%), Carbohydrates: 117.17g (39.06%), Net Carbohydrates: 94.23g (34.26%), Sugar: 63.37g (70.41%), Cholesterol: 29.04mg (9.68%), Sodium: 642.99mg (27.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.13%), Fiber: 22.94g (91.76%), Manganese: 1.79mg (89.56%), Vitamin C: 45.63mg (55.32%), Selenium: 33.76µg (48.23%), Vitamin B3: 9.06mg (45.29%), Phosphorus: 406.23mg (40.62%), Copper: 0.75mg (37.61%), Magnesium: 142.48mg (35.62%), Potassium: 1085.2mg (31.01%), Vitamin B6: 0.59mg (29.52%), Vitamin B1: 0.41mg (27.64%), Vitamin E: 4.11mg (27.42%), Vitamin K: 27.41µg (26.1%), Folate: 98.1µg (24.52%), Calcium: 221.43mg (22.14%), Vitamin B2: 0.34mg (19.71%), Zinc: 2.84mg (18.95%), Iron: 3.29mg (18.29%), Vitamin B5: 1.28mg (12.84%), Vitamin A: 301.93IU (6.04%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.18µg (1.17%)