



Peanut Butter & Banana Monte Cristo

READY IN



14 min.

SERVINGS



2

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices oscar mayer bacon cooked
- ☐ 0.5 cup banana
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 eggs
- ☐ 2 Tbsp milk
- ☐ 4 slices bread white

Equipment

- ☐ frying pan

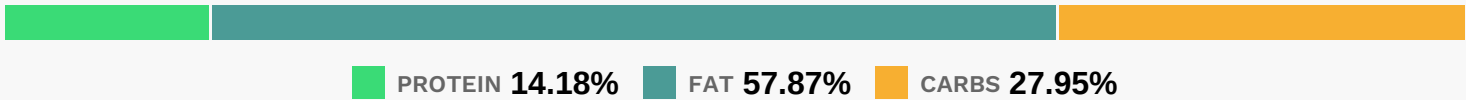
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whisk

Directions

- ☐ Spread bread with peanut butter; fill with bananas and bacon to make 2 sandwiches. Press edges of sandwiches together to seal.
- ☐ Heat large skillet sprayed with cooking spray on medium heat.
- ☐ Whisk egg and milk in pie plate until well blended.
- ☐ Add sandwiches, 1 at a time, turning to evenly moisten.
- ☐ Add sandwiches to skillet; cook 2 min. on each side or until golden brown.

Nutrition Facts



Properties

Glycemic Index:90.78, Glycemic Load:22.74, Inflammation Score:-6, Nutrition Score:18.677391247905%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 584.85kcal (29.24%), Fat: 38.43g (59.13%), Saturated Fat: 10.53g (65.8%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 38.09g (13.85%), Sugar: 11.43g (12.7%), Cholesterol: 112.68mg (37.56%), Sodium: 705.45mg (30.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.39%), Manganese: 0.88mg (44.08%), Vitamin B3: 8.72mg (43.6%), Selenium: 29.18µg (41.69%), Vitamin B1: 0.45mg (29.88%), Phosphorus: 296.15mg (29.61%), Folate: 101.07µg (25.27%), Vitamin B6: 0.49mg (24.52%), Vitamin E: 3.51mg (23.42%), Magnesium: 87.85mg (21.96%), Vitamin B2: 0.37mg (21.52%), Iron: 2.9mg (16.12%), Calcium: 156.15mg (15.61%), Potassium: 514.62mg (14.7%), Fiber: 3.67g (14.69%), Zinc: 2.18mg (14.53%), Vitamin B5: 1.37mg (13.73%), Copper: 0.26mg (13.06%), Vitamin B12: 0.5µg (8.28%), Vitamin D: 0.78µg (5.21%), Vitamin C: 3.26mg (3.95%), Vitamin A: 183.88IU (3.68%)