



Peanut Butter Berry-Wich



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



566 kcal

CONDIMENT

DIP

SPREAD

Ingredients

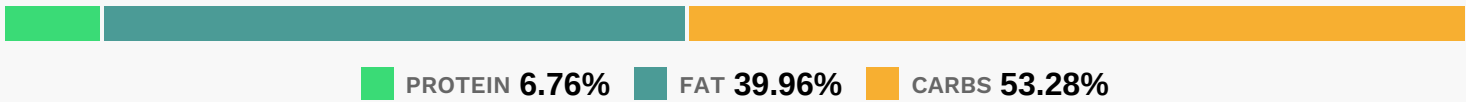
- ☐ 2 slices banana bread whole-wheat
- ☐ 1 tablespoon cream cheese softened reduced-fat ()
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon peanut butter
- ☐ 2 medium strawberries hulled sliced

Equipment

Directions

- ☐ Lay the bread slices on a work surface.
- ☐ Spread the peanut butter on one slice and the cream cheese on the other.
- ☐ Arrange strawberry slices in an even single layer on top of the peanut butter.
- ☐ Drizzle the honey on the berries and then place the other slice of bread with the cream cheese on top.
- ☐ Cut into halves or quarters.
- ☐ Nutrition Data
- ☐ Real Food For Healthy Kids reprinted with permission of William Morrow/An Imprint of Harper
- ☐ Collins Publishers.

Nutrition Facts



Properties

Glycemic Index:133.27, Glycemic Load:4.16, Inflammation Score:-7, Nutrition Score:11.700434853201%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 566.43kcal (28.32%), Fat: 25.84g (39.75%), Saturated Fat: 7.23g (45.21%), Carbohydrates: 77.5g (25.83%), Net Carbohydrates: 74.92g (27.24%), Sugar: 9.15g (10.16%), Cholesterol: 66.25mg (22.08%), Sodium: 477.09mg

(20.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.67%), Manganese: 0.59mg (29.26%), Selenium: 16.58µg (23.68%), Vitamin B3: 3.98mg (19.89%), Vitamin C: 16.19mg (19.62%), Vitamin B2: 0.31mg (18.34%), Vitamin B1: 0.24mg (15.84%), Vitamin A: 789.22IU (15.78%), Folate: 60.56µg (15.14%), Phosphorus: 145.4mg (14.54%), Vitamin B6: 0.27mg (13.61%), Magnesium: 48.4mg (12.1%), Iron: 2.1mg (11.67%), Vitamin E: 1.65mg (11.01%), Fiber: 2.58g (10.33%), Potassium: 310.54mg (8.87%), Copper: 0.17mg (8.51%), Zinc: 0.95mg (6.32%), Vitamin B5: 0.61mg (6.09%), Calcium: 51.37mg (5.14%), Vitamin B12: 0.15µg (2.53%)