



Peanut Butter LT

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



347 kcal

CONDIMENT

DIP

SPREAD

Ingredients

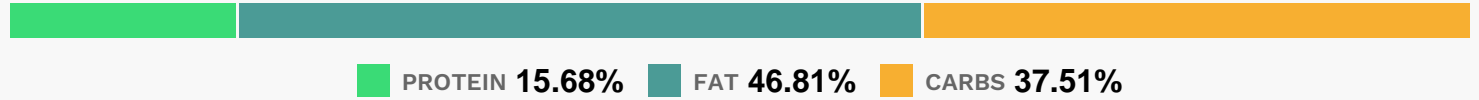
- 2 Tbsp creamy peanut butter
- 1 leaf romaine leaves
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread toasted
- 2 slices tomatoes thin

Equipment

Directions

- Spread 1 toast slice with peanut butter, then spread remaining toast slice with dressing.
- Fill toast slices with lettuce and tomatoes.

Nutrition Facts



Properties

Glycemic Index:121.7, Glycemic Load:15.28, Inflammation Score:-5, Nutrition Score:15.373912958995%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 347.23kcal (17.36%), Fat: 18.78g (28.89%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 28.63g (10.41%), Sugar: 7.54g (8.38%), Cholesterol: 1.44mg (0.48%), Sodium: 515.74mg (22.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.3%), Manganese: 1.67mg (83.5%), Vitamin B3: 6.75mg (33.76%), Magnesium: 97.55mg (24.39%), Phosphorus: 228.77mg (22.88%), Selenium: 15.77µg (22.52%), Vitamin E: 3.23mg (21.54%), Fiber: 5.23g (20.94%), Vitamin B1: 0.26mg (17.66%), Vitamin B6: 0.27mg (13.28%), Copper: 0.26mg (13.11%), Folate: 51.72µg (12.93%), Zinc: 1.8mg (12.03%), Iron: 2.02mg (11.23%), Calcium: 108.48mg (10.85%), Potassium: 335mg (9.57%), Vitamin B2: 0.16mg (9.14%), Vitamin B5: 0.73mg (7.25%), Vitamin K: 4.62µg (4.4%), Vitamin A: 103.42IU (2.07%)