



Peanut Butter, Mayonnaise, and Lettuce Sandwich

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

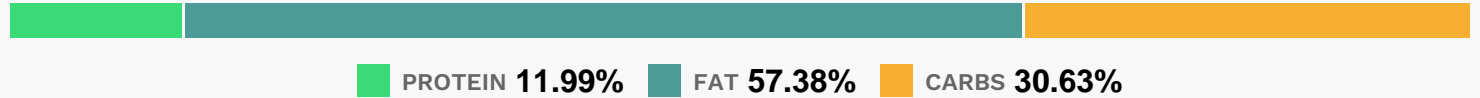
- 2 slices bread
- 2 lettuce leaves
- 1 tablespoon mayonnaise
- 2 tablespoons peanut butter

Equipment

Directions

- Spread one slice of bread with mayonnaise.
- Spread the other slice with peanut butter.
- Place lettuce leaves on top of the peanut butter, then top with the mayonnaise-side of the other piece of bread to make a sandwich.

Nutrition Facts



Properties

Glycemic Index:122.67, Glycemic Load:15.12, Inflammation Score:-10, Nutrition Score:19.813043582699%

Nutrients (% of daily need)

Calories: 446.88kcal (22.34%), Fat: 29.36g (45.17%), Saturated Fat: 5.26g (32.88%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 31g (11.27%), Sugar: 7.13g (7.92%), Cholesterol: 5.88mg (1.96%), Sodium: 504.5mg (21.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.61%), Vitamin A: 3564.14IU (71.28%), Manganese: 1.28mg (64.08%), Vitamin B3: 7.58mg (37.89%), Selenium: 18.05µg (25.79%), Vitamin K: 25.66µg (24.44%), Vitamin E: 3.62mg (24.17%), Folate: 94.06µg (23.51%), Vitamin B1: 0.32mg (21.58%), Magnesium: 83.42mg (20.85%), Phosphorus: 197.58mg (19.76%), Fiber: 4.26g (17.02%), Iron: 3.03mg (16.84%), Vitamin B2: 0.25mg (14.88%), Vitamin B6: 0.25mg (12.67%), Copper: 0.22mg (11%), Vitamin C: 8.75mg (10.61%), Calcium: 104.08mg (10.41%), Potassium: 355.36mg (10.15%), Zinc: 1.51mg (10.08%), Vitamin B5: 0.82mg (8.22%)