



Peanut Butter-Plus Sandwiches



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup banana mashed (1 large)
- ☐ 3 tablespoons creamy peanut butter
- ☐ 3 tablespoons golden raisins
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon roasted sunflower seed kernels salted
- ☐ 1 ounce bread whole wheat

Equipment

- ☐ bowl

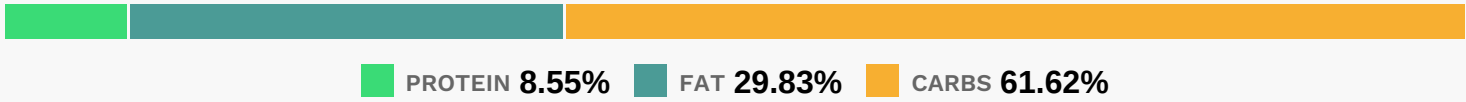
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microwave

Directions

- ☐ Combine peanut butter and honey in a small microwave-safe bowl. Microwave at high for 20 seconds. Stir in banana, raisins, and sunflower seeds.
- ☐ Spread about 1/4 cup peanut butter mixture on each of 4 bread slices. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:30.93, Glycemic Load:8.84, Inflammation Score:-2, Nutrition Score:3.9469565723253%

Flavonoids

Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 110.2kcal (5.51%), Fat: 3.95g (6.08%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 16.76g (6.1%), Sugar: 11.9g (13.22%), Cholesterol: 0mg (0%), Sodium: 52.02mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Manganese: 0.29mg (14.35%), Vitamin B6: 0.17mg (8.34%), Vitamin E: 1.05mg (7.03%), Fiber: 1.6g (6.4%), Vitamin B3: 1.26mg (6.32%), Magnesium: 24.12mg (6.03%), Potassium: 194.12mg (5.55%), Phosphorus: 54.96mg (5.5%), Copper: 0.1mg (5%), Folate: 15.47µg (3.87%), Selenium: 2.5µg (3.57%), Vitamin C: 2.67mg (3.23%), Vitamin B2: 0.05mg (3.18%), Vitamin B5: 0.28mg (2.8%), Iron: 0.44mg (2.47%), Vitamin B1: 0.04mg (2.35%), Zinc: 0.35mg (2.34%), Calcium: 14.51mg (1.45%)