



Peanut Butter Siesta Sandwiches



Vegetarian



Dairy Free

READY IN



6 min.

SERVINGS



6

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

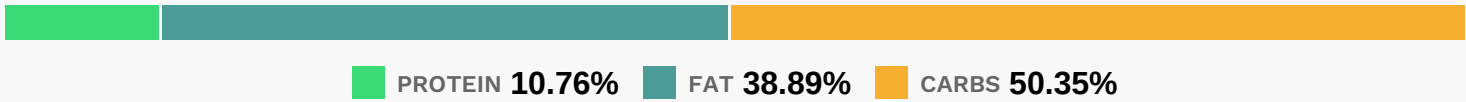
- ☐ 1.5 tablespoons creamy peanut butter reduced-fat
- ☐ 2 teaspoons dates pitted chopped
- ☐ 2 6-inch flour tortilla ()
- ☐ 2 teaspoons cereal
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon honey

Equipment

Directions

- ☐ Combine peanut butter spread, honey, and cinnamon; spread evenly over tortillas.
- ☐ Sprinkle with granola and chopped dates; roll up, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.21, Glycemic Load:2.73, Inflammation Score:-1, Nutrition Score:2.2813043251796%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 70.44kcal (3.52%), Fat: 3.15g (4.84%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 8.38g (3.05%), Sugar: 3.13g (3.47%), Cholesterol: 0mg (0%), Sodium: 91.39mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Manganese: 0.16mg (8.23%), Vitamin B3: 1.01mg (5.06%), Vitamin B1: 0.06mg (4.12%), Phosphorus: 40.08mg (4.01%), Selenium: 2.74µg (3.91%), Folate: 13.74µg (3.43%), Fiber: 0.78g (3.13%), Iron: 0.53mg (2.94%), Vitamin E: 0.43mg (2.86%), Magnesium: 11.21mg (2.8%), Vitamin B2: 0.04mg (2.37%), Calcium: 19.1mg (1.91%), Copper: 0.04mg (1.8%), Potassium: 53mg (1.51%), Vitamin B6: 0.03mg (1.43%), Zinc: 0.2mg (1.3%)