



 9%
HEALTH SCORE

Peanut Butter S'Mores Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



439 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon creamy peanut butter
- 1 slice top white
- 1 tablespoon milk chocolate chips
- 2 tablespoons marshmallows miniature

Equipment

- baking sheet

Directions

- Spread peanut butter over bread.
- Place on a baking sheet; top with chocolate chips and marshmallows. Broil 4–5 in. from heat until lightly browned, 30–60 seconds.

Nutrition Facts

PROTEIN 9.76% **FAT 27.97%** **CARBS 62.27%**

Properties

Glycemic Index:155, Glycemic Load:40.53, Inflammation Score:-4, Nutrition Score:11.069565201583%

Nutrients (% of daily need)

Calories: 438.64kcal (21.93%), Fat: 14.07g (21.65%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 70.47g (23.49%), Net Carbohydrates: 68.27g (24.82%), Sugar: 30.24g (33.6%), Cholesterol: 0mg (0%), Sodium: 477.58mg (20.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.09%), Vitamin B1: 0.48mg (31.79%), Manganese: 0.57mg (28.61%), Selenium: 19.46µg (27.8%), Vitamin B3: 5.24mg (26.18%), Folate: 92.78µg (23.19%), Vitamin B2: 0.3mg (17.89%), Iron: 2.85mg (15.82%), Phosphorus: 123.81mg (12.38%), Magnesium: 48.11mg (12.03%), Vitamin E: 1.59mg (10.61%), Copper: 0.19mg (9.66%), Fiber: 2.21g (8.82%), Zinc: 1.08mg (7.23%), Vitamin B6: 0.14mg (7.02%), Potassium: 209.46mg (5.98%), Calcium: 52.72mg (5.27%), Vitamin B5: 0.38mg (3.85%)