



Peanutty Apple Sandwiches



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

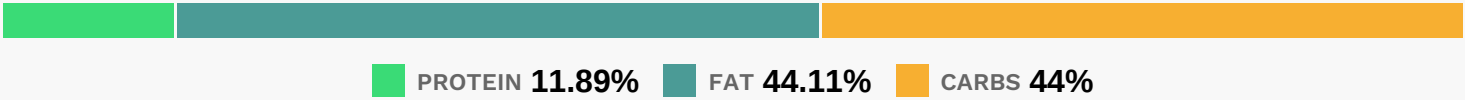
- ☐ 0.8 cup crunchy peanut butter
- ☐ 0.3 cup apricot preserves
- ☐ 0.5 teaspoon ground mustard
- ☐ 8 slices raisin bread
- ☐ 2 medium apples unpeeled peeled thinly sliced
- ☐ 1 serving romaine leaves

Equipment

Directions

- ☐ Stir together peanut butter, preserves and mustard; spread on 1 side of 4 slices bread.
- ☐ Place apple slices on peanut butter mixture; top with lettuce leaves and remaining 4 slices bread.
- ☐ Cut sandwiches in half or fourths if desired.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:21.04, Inflammation Score:-7, Nutrition Score:17.550869433776%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 512.68kcal (25.63%), Fat: 26.72g (41.11%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 59.96g (19.99%), Net Carbohydrates: 51.54g (18.74%), Sugar: 22.98g (25.53%), Cholesterol: 0mg (0%), Sodium: 424.08mg (18.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.42%), Manganese: 1.19mg (59.66%), Vitamin B3: 8.55mg (42.76%), Fiber: 8.42g (33.7%), Folate: 105.19µg (26.3%), Magnesium: 97.77mg (24.44%), Vitamin E: 3.41mg (22.71%), Phosphorus: 225.26mg (22.53%), Selenium: 15.22µg (21.74%), Copper: 0.42mg (21.18%), Vitamin B2: 0.29mg (17.31%), Potassium: 600.67mg (17.16%), Vitamin B1: 0.25mg (16.74%), Iron: 2.69mg (14.92%), Vitamin B6: 0.29mg (14.27%), Zinc: 1.8mg (11.98%), Vitamin A: 523.77IU (10.48%), Vitamin C: 6.64mg (8.04%), Vitamin B5: 0.8mg (8.03%), Calcium: 67.33mg (6.73%), Vitamin K: 3.14µg (2.99%)