



Polka Dot Sandwich

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



1211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

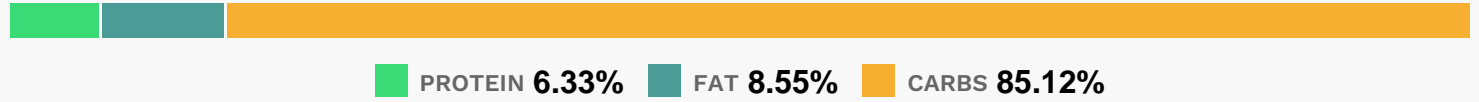
- 9 medium banana ()
- 2 Tbsp philadelphia strawberry cream cheese spread
- 1 Tbsp raisins
- 2 slices bread whole wheat

Equipment

Directions

- Spread bread with cream cheese spread.
- Top 1 bread slice with bananas in 3 rows of 3 slices each.
- Sprinkle remaining bread slice with raisins; press gently into cream cheese to secure.
- Close sandwich to serve.

Nutrition Facts



Properties

Glycemic Index:183.27, Glycemic Load:138.31, Inflammation Score:-10, Nutrition Score:45.340434489043%

Flavonoids

Catechin: 64.78mg, Catechin: 64.78mg, Catechin: 64.78mg, Catechin: 64.78mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 1211.18kcal (60.56%), Fat: 12.51g (19.24%), Saturated Fat: 6.08g (38.02%), Carbohydrates: 280.03g (93.34%), Net Carbohydrates: 248.03g (90.19%), Sugar: 133.03g (147.81%), Cholesterol: 19.84mg (6.61%), Sodium: 415.3mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.65%), Manganese: 4.1mg (205.15%), Vitamin B6: 4.05mg (202.34%), Fiber: 31.99g (127.97%), Potassium: 4065.71mg (116.16%), Vitamin C: 93.2mg (112.97%), Magnesium: 334.36mg (83.59%), Folate: 236.37µg (59.09%), Vitamin B2: 0.9mg (52.68%), Copper: 1mg (50.01%), Vitamin B3: 9.71mg (48.55%), Vitamin B5: 3.94mg (39.38%), Vitamin B1: 0.56mg (37.67%), Phosphorus: 363.61mg (36.36%), Selenium: 25.16µg (35.94%), Iron: 4.58mg (25.46%), Vitamin A: 985.36IU (19.71%), Calcium: 186.98mg (18.7%), Zinc: 2.61mg (17.37%), Vitamin K: 9.68µg (9.22%), Vitamin E: 1.36mg (9.1%)