



Poor Man's Sandwich

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

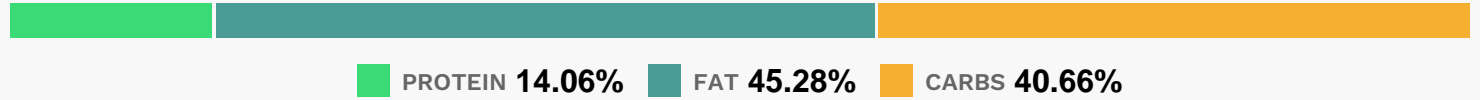
- 1.5 tablespoons creamy peanut butter
- 6 slices dill pickles
- 2 teaspoons mayonnaise
- 1 tablespoon onion thinly sliced
- 2 slices bread whole wheat

Equipment

Directions

- Spread peanut butter onto one slice of the bread.
- Place pickle slices and onion slices onto the peanut butter.
- Spread mayonnaise onto the other slice of bread, and place on top of the other piece of bread.

Nutrition Facts



Properties

Glycemic Index:160.7, Glycemic Load:15.3, Inflammation Score:-9, Nutrition Score:34.227391388753%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 455.52kcal (22.78%), Fat: 24.25g (37.3%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 48.97g (16.32%), Net Carbohydrates: 34.99g (12.72%), Sugar: 17.36g (19.29%), Cholesterol: 3.36mg (1.12%), Sodium: 7920.56mg (344.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.88%), Vitamin K: 173.76µg (165.49%), Manganese: 2mg (99.9%), Calcium: 608.18mg (60.82%), Fiber: 13.98g (55.93%), Vitamin B1: 0.69mg (46.31%), Vitamin B2: 0.67mg (39.6%), Potassium: 1333.16mg (38.09%), Magnesium: 149.86mg (37.47%), Phosphorus: 353.46mg (35.35%), Vitamin A: 1708.98IU (34.18%), Vitamin B3: 6.7mg (33.49%), Folate: 120.86µg (30.22%), Vitamin B6: 0.56mg (27.82%), Vitamin E: 3.87mg (25.79%), Vitamin C: 20.27mg (24.57%), Copper: 0.47mg (23.73%), Selenium: 15.67µg (22.38%), Iron: 4.03mg (22.36%), Zinc: 2.65mg (17.65%), Vitamin B5: 1.13mg (11.3%)