



## Rayna's Peanut Butter Jammies

READY IN



15 min.

SERVINGS



4

CALORIES



497 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 8 slices bread
- 2 tablespoons butter
- 1 eggs beaten
- 0.3 cup any flavor fruit jam
- 0.5 cup milk
- 0.5 cup peanut butter
- 1 pinch salt
- 2 teaspoons sugar white

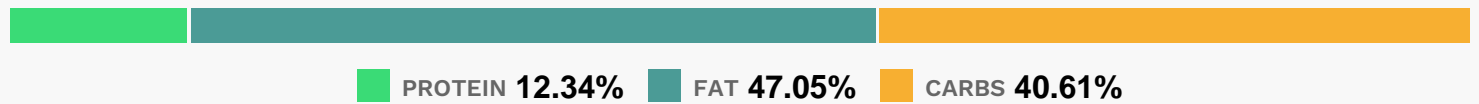
# Equipment

- frying pan

# Directions

- Spread four slices of bread with peanut butter and jam. Cover with remaining four slices of bread. Beat together egg, milk, sugar and salt.
- In a large skillet or frying pan, melt butter over medium heat.
- Dip each sandwich into the egg mixture to coat it well and allow the excess to drip off.
- Place sandwiches in pan and cook until golden on both sides.
- Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:71.44, Glycemic Load:24.94, Inflammation Score:-6, Nutrition Score:16.293043333551%

# Nutrients (% of daily need)

Calories: 496.97kcal (24.85%), Fat: 26.74g (41.13%), Saturated Fat: 8.16g (51%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 47.91g (17.42%), Sugar: 20.41g (22.68%), Cholesterol: 59.63mg (19.88%), Sodium: 491.96mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.77g (31.55%), Manganese: 1.15mg (57.66%), Vitamin B3: 7.47mg (37.35%), Selenium: 21.91µg (31.31%), Phosphorus: 239.87mg (23.99%), Vitamin E: 3.36mg (22.42%), Magnesium: 83.43mg (20.86%), Folate: 83.05µg (20.76%), Vitamin B1: 0.3mg (19.99%), Vitamin B2: 0.31mg (18.47%), Fiber: 4.02g (16.09%), Iron: 2.87mg (15.96%), Calcium: 135.43mg (13.54%), Copper: 0.25mg (12.4%), Vitamin B6: 0.25mg (12.36%), Zinc: 1.69mg (11.25%), Vitamin B5: 1.1mg (10.95%), Potassium: 339.86mg (9.71%), Vitamin A: 284.86IU (5.7%), Vitamin B12: 0.27µg (4.58%), Vitamin D: 0.56µg (3.7%), Vitamin K: 3.46µg (3.29%), Vitamin C: 1.98mg (2.4%)