



The Elvis Sandwich (Grilled Peanut Butter, Bacon, and Banana)

♥♥ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



1309 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 banana firm ripe sliced into 1/ rounds
- ☐ 3 tablespoons bourbon
- ☐ 8 inch day-old brioche (see note above)
- ☐ 1.5 cups creamy peanut butter
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 2 tablespoons granulated sugar
- ☐ 8 strips bacon thick-cut coarsely chopped

- ☐ 4 ounces butter unsalted softened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wire rack
- ☐ slotted spoon

Directions

- ☐ Cook bacon in large nonstick skillet over medium heat until crisp, 6 to 8 minutes. With slotted spoon, transfer bacon to paper towel lined-plate and cool to room temperature, about 5 minutes. Stir into peanut butter; reserve.
- ☐ Transfer rendered fat to small bowl.
- ☐ Combine butter and granulated sugar in small bowl. Stir in 2 tablespoons reserved bacon fat.
- ☐ Spread on 1 side of each bread slice.
- ☐ Heat 2 tablespoons fat in now empty skillet over medium-high heat.
- ☐ Add bananas and brown sugar and cook until caramelized, 2 to 3 minutes.
- ☐ Remove from heat, add bourbon, and ignite with match. When flames die down, transfer to plate.
- ☐ Spread each sliced of bread (on the plain side) with about 3 tablespoons peanut butter mixture.
- ☐ Distribute banana slices evenly among 4 bread slices, then invert remaining 4 slices over them and press gently to adhere.
- ☐ Heat skillet over medium heat. Cook sandwiches, 2 at a time, until crisp and golden, 2 to 3 minutes per side.
- ☐ Transfer to cooling rack and allow to set about 3 minutes prior to serving.
- ☐ Serve warm.

Nutrition Facts



 PROTEIN **9.84%**  FAT **68.9%**  CARBS **21.26%**

Properties

Glycemic Index:38.47, Glycemic Load:19.62, Inflammation Score:-8, Nutrition Score:29.822173740553%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1309.25kcal (65.46%), Fat: 102.58g (157.82%), Saturated Fat: 34.69g (216.84%), Carbohydrates: 71.2g (23.73%), Net Carbohydrates: 63.49g (23.09%), Sugar: 43.9g (48.77%), Cholesterol: 117.16mg (39.05%), Sodium: 923.23mg (40.14%), Alcohol: 3.76g (100%), Alcohol %: 1.36% (100%), Protein: 32.98g (65.96%), Manganese: 1.76mg (87.85%), Vitamin B3: 16.58mg (82.88%), Vitamin E: 9.9mg (65.99%), Vitamin B6: 1.06mg (53.04%), Magnesium: 205.81mg (51.45%), Phosphorus: 465.43mg (46.54%), Potassium: 1136.11mg (32.46%), Fiber: 7.71g (30.85%), Selenium: 20.1µg (28.72%), Copper: 0.54mg (27.12%), Folate: 107.79µg (26.95%), Vitamin B1: 0.37mg (24.73%), Zinc: 3.52mg (23.46%), Vitamin B2: 0.34mg (20.03%), Vitamin B5: 1.87mg (18.69%), Vitamin A: 854.15IU (17.08%), Iron: 2.44mg (13.54%), Vitamin C: 10.27mg (12.44%), Calcium: 78.08mg (7.81%), Vitamin B12: 0.41µg (6.8%), Vitamin D: 0.71µg (4.75%), Vitamin K: 2.86µg (2.73%)