



The Peanut Butter, Banana, and Honey Sandwich



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 teaspoons agave nectar
- ☐ 6 bananas sliced
- ☐ 2 ounces coconut oil at room temperature
- ☐ 0.1 teaspoon ground ginger
- ☐ 12 slices grain gluten-free whole (see my notes above on dairy-free bread)
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 1 cup julienne-cut oil-packed sun-dried tomatoes unsalted (such as SunButter)

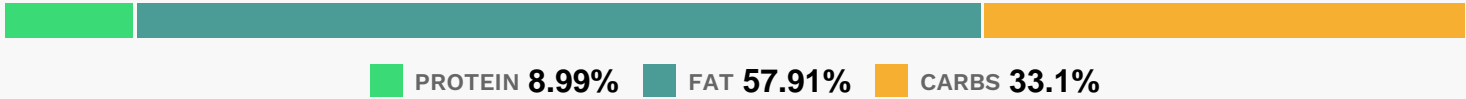
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove
- ☐ cutting board
- ☐ panini press

Directions

- ☐ Lay out two slices of enriched white bread on a cutting board.
- ☐ Spread both slices of bread with peanut butter. Set one aside. Take one slice and top with sliced bananas, then drizzle with honey.
- ☐ Place the reserved slice of bread on top.
- ☐ Brush top and bottom of sandwich with room temperature butter. If you own an electric sandwich maker or Panini press, place sandwich inside for 2 1/2 to 3 1/2 minutes. If you do not have a sandwich press, place sandwich in a sauté pan on top of your stove, set at medium heat; and cook for 3-1/2 to 4-1/2 minutes on each side. While cooking, combine cinnamon and the sugar in small bowl.
- ☐ Remove sandwich and while still hot, season liberally with cinnamon and sugar.
- ☐ Cut in half and serve while hot.
- ☐ Whisk all of the ingredients together in a bowl until well blended.
- ☐ Place the peanut butter in an airtight container and store in the refrigerator for 6 to 8 weeks (if you can keep from eating it for that long!).

Nutrition Facts



Properties

Glycemic Index:37.14, Glycemic Load:14.64, Inflammation Score:-6, Nutrition Score:14.027391241944%

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: 459.87kcal (22.99%), Fat: 31.9g (49.07%), Saturated Fat: 12.36g (77.26%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 35.65g (12.96%), Sugar: 21.61g (24.01%), Cholesterol: 0mg (0%), Sodium: 396.35mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.27%), Manganese: 1mg (49.89%), Vitamin B3: 6.58mg (32.89%), Vitamin B6: 0.64mg (31.88%), Vitamin E: 4.09mg (27.25%), Magnesium: 107.79mg (26.95%), Fiber: 5.38g (21.5%), Potassium: 671.86mg (19.2%), Phosphorus: 178.8mg (17.88%), Folate: 63.79µg (15.95%), Copper: 0.28mg (14.25%), Vitamin C: 10.76mg (13.05%), Vitamin B2: 0.18mg (10.53%), Zinc: 1.38mg (9.21%), Vitamin B5: 0.87mg (8.72%), Vitamin B1: 0.11mg (7.13%), Iron: 1.12mg (6.2%), Selenium: 3.08µg (4.4%), Calcium: 28.23mg (2.82%), Vitamin A: 76.04IU (1.52%), Vitamin K: 1.48µg (1.41%)