



Healthdor

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Pb & J Snack

A delicious and easy-to-make snack that combines the classic flavors of peanut butter and jelly. Perfect for a quick bite or as a lunchbox treat.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 2

Serving Size: 50 g

Ingredients

2 slices bread

2 tbsp Peanut Butter

2 tbsp Jelly

Directions

Step 1

Spread peanut butter on one slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spread jelly on the other slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Press the two slices of bread together to form a sandwich.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Cutting

Cut the sandwich into bite-sized pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 16 g

Protein: 12 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	16 g	57.14%	64%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Game Day

Course

Snacks

Appetizers

Side Dishes

Sauces & Dressings

Cultural

Chinese New Year

Cuisines

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Meal Type

Snack

Difficulty Level

Easy

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