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## Kids Peanut Butter & Jelly Sandwich

A classic sandwich loved by kids, made with peanut butter and jelly. It's a simple and delicious option for a quick meal or snack.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 1

**Serving Size:** 100 g

### Ingredients

2 slices bread slices

2 tbsp peanut butter

2 tbsp jelly

### Directions

## Step 1

Spread peanut butter on one bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 2

Spread jelly on the other bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Press the two slices together to form a sandwich.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

**Cutting**

Cut the sandwich into halves or quarters, if desired.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 188 kcal

Fat: 13 g

Protein: 7 g

Carbohydrates: 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	13 g	46.43%	52%
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	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	180 mg	5.29%	6.92%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

Ovo-Vegetarian Diet

Vegetarian Diet

### Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

Side Dishes

Drinks

Salads

Soups

### Demographics

Teen Friendly

Kids Friendly

## Meal Type

Breakfast

## Difficulty Level

Easy

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