

Peanut Butter and Jelly Sandwich USDA



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52838
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	300 Slice		18075
Peanut butter, smooth style, without salt	6 Tablespoon		16398
Jellies	150 serving 1 tbsp		19300

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		312.82	
Fat		10.46g	
Saturated Fat		2.12g	
Trans Fat		0.02g**	
Cholesterol		0.00mg	
Sodium		300.22mg	
Carbohydrates		45.59g	
Fiber		4.85g	
Sugar		15.21g	
Added Sugar		0.00g**	
Protein		11.55g	
Vitamin A	2.97mcg	Vitamin C	0.19mg
Calcium	112.35mg	Iron	1.90mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available