Quick & Easy:

Peanut Butter, Banana, and Honey Sandwich

2 Slices bread, whole wheat
2 tbsp Peanut Butter
½ banana, sliced
1 tsp. of honey

Nutrition Facts

Serving Size (135g)
Servings Per Container

Amount Per Serving

Calories 390
Calories from Fat 180

% Daily Value*

Total Fat 18g 26%
Saturated Fat 2.8g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 11%

Total Carbohydrate 48g 16%

Dietary Fiber 8g 32%

Sugars 15g

Protein 13g

Vitamin A 0%  •  Vitamin C 6%

Calcium 15%  •  Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000  •  2,500

Total Fat  •  Saturated Fat  •  Cholesterol  •  Sodium  •  Total Carbohydrate  •  Dietary Fiber

Less than 65g  •  Less than 20g  •  Less than 300mg  •  Less than 2,400mg  •  36g  •  5g

Calories per gram:

Fat 9  •  Carbohydrate 4  •  Protein 4