



# Sunflower Seed Butter and Jelly Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

<b>Notes:</b>
Nutrient information from Food Processor

<b>Serving:</b> 1 sandwich provides 1 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: not for under 6	<b>48 Servings: 48 sandwiches</b>
6-18:1 full sandwich	<b>96 Servings: 96 sandwiches</b>

Nutrients Per Serving					
<b>Calories</b>	472 kcal	<b>Saturated Fat</b>	2.15 g	<b>Iron</b>	3.77 mg
<b>Protein</b>	5.72 g	<b>Cholesterol</b>	0.86 mg	<b>Calcium</b>	102.01 mg
<b>Carbohydrate</b>	58.30 g	<b>Vitamin A</b>	0.86 RAE mcg	<b>Sodium</b>	322.76 mg
<b>Total Fat</b>	21.27 g	<b>Vitamin C</b>	1.67 mg	<b>Dietary Fiber</b>	9.82 g (2016 = 1.89 grams)