

# Peanut Butter BBQ Chicken Sandwich Dippers

*PeanutButter.com*

## Servings: 4

*4 slices whole wheat bread, toasted*  
*1/4 cup creamy peanut butter*  
*3 tablespoons barbecue sauce*  
*2 tablespoons orange juice*  
*2 cups (about 8 ounces) shredded cooked chicken*  
*1/4 cup low-fat Cheddar cheese*

## Preparation Time: 15 minutes

## Cook Time: 10 minutes

Preheat the oven to 400 degrees.

Arrange the toasted bread on a baking sheet.

In a medium bowl, combine the peanut butter, barbecue sauce and the orange juice. Reserve half of the mixture in a small bowl for dipping.

Stir the chicken into the remaining peanut butter mixture.

Evenly spread the chicken mixture onto the toast. Sprinkle with cheese.

Bake for 5 minutes or until the cheese is melted and the sandwich is warm.

Serve with the reserved dipping sauce.

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Per Serving (excluding unknown items): 81 Calories; 1g Fat (14.7% calories from fat); 3g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 243mg Sodium. Exchanges: 1 Grain(Starch); 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	81	Vitamin B6 (mg):	.1mg
% Calories from Fat:	14.7%	Vitamin B12 (mcg):	0mcg
	71.3%	Thiamin B1 (mg):	.1mg

**% Calories from Carbohydrates:**  
**% Calories from Protein:** 14.0%  
**Total Fat (g):** 1g  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 15g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 3g  
**Sodium (mg):** 243mg  
**Potassium (mg):** 106mg  
**Calcium (mg):** 23mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 117IU  
**Vitamin A (r.e.):** 14RE

**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 19mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Deficient:** 0.0%

## Food Exchanges

**Grain (Starch):** 1  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 81 Calories from Fat: 12

### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	243mg	10%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	2g	8%
<b>Protein</b>	3g	

<b>Vitamin A</b>	2%
<b>Vitamin C</b>	8%
<b>Calcium</b>	2%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.