

Golden Fruit Bread

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Servings: 4

2 naan or flat breads (regular or whole grain)

1/4 cup peach preserves, divided

1/4 cup golden raisins, divided

cooking spray

Preheat a large nonstick saute' pan on medium heat for 2 to 3 minutes.

Place two tablespoons of peach preserves and two tablespoons of raisins on one-half of each bread. Fold over.

Coat the bread with cooking spray. Place in the saute' pan. Cover and cook for 2 to 3 minutes on each side or until golden.

Let stand for 3 to 5 minutes to cool.

Cut in half and serve.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 80 Calories; trace Fat (0.9% calories from fat); trace Protein; 21g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	80	Vitamin B6 (mg):	trace
% Calories from Fat:	0.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	7mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

Carbohydrate (g): 21g
Dietary Fiber (g): 1g
Protein (g): trace
Sodium (mg): 9mg
Potassium (mg): 92mg
Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 7IU
Vitamin A (r.e.): 1/2RE

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 80 **Calories from Fat:** 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	21g	7%
Dietary Fiber	1g	3%
Protein	trace	

Vitamin A		0%
Vitamin C		3%
Calcium		1%
Iron		2%

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