

# Peanut Butter and Jelly Braid

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/pink-valentines-day-jelly-rolls-recipe>

## Ingredients:

- 1 sheet pepperidge farm puff pastry
- peanut butter
- jelly your choice
- 1 egg
- 1 teaspoon water

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 55 milligrams
4. Fat: 29 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 8 grams
8. Sodium: 220 milligrams
9. Sugar: 4 grams

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