



Almond Butter and Finger Bananas on Fruit Bread



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



224 kcal

CONDIMENT

DIP

SPREAD

Ingredients

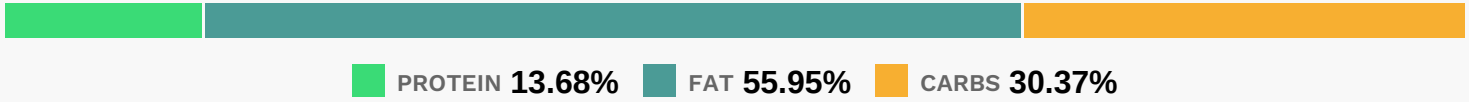
- ☐ 3 tablespoons roasted almond butter
- ☐ 2 slices cranberry bread

Equipment

Directions

- ☐ Spread a thick layer of the almond butter over each bread slice. Top with the banana slices and serve open-faced.
- ☐ Suggestions for the kids
- ☐ Use smaller slices or remove the crusts, and cut the bananas crosswise, not lengthwise.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:7.15, Inflammation Score:-4, Nutrition Score:10.696956462024%

Nutrients (% of daily need)

Calories: 224.08kcal (11.2%), Fat: 14.59g (22.44%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 14.22g (5.17%), Sugar: 2.67g (2.96%), Cholesterol: 0mg (0%), Sodium: 134.12mg (5.83%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.03g (16.05%), Manganese: 0.85mg (42.26%), Vitamin E: 5.86mg (39.09%), Magnesium: 78.44mg (19.61%), Vitamin B2: 0.3mg (17.41%), Phosphorus: 158.04mg (15.8%), Fiber: 3.59g (14.37%), Copper: 0.27mg (13.28%), Selenium: 8.64µg (12.34%), Calcium: 118.28mg (11.83%), Vitamin B3: 2.32mg (11.61%), Iron: 1.85mg (10.25%), Folate: 36.52µg (9.13%), Vitamin B1: 0.12mg (8.33%), Zinc: 1.08mg (7.21%), Potassium: 219mg (6.26%), Vitamin B5: 0.31mg (3.06%), Vitamin B6: 0.06mg (2.79%), Vitamin K: 1.37µg (1.31%)