



Banana & Almond Butter Toast



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



286 kcal

Ingredients

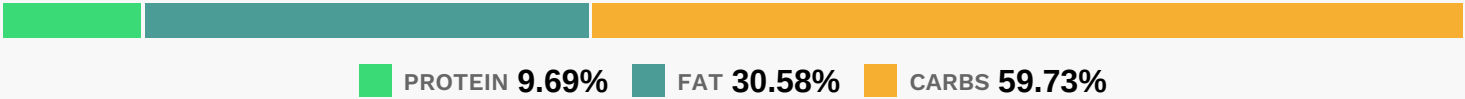
- ☐ 1 tablespoon almond butter
- ☐ 1 banana sliced
- ☐ 1 slice cocktail rye bread

Equipment

Directions

- ☐ Spread almond butter on toast.
- ☐ Top with banana slices.

Nutrition Facts



Properties

Glycemic Index:107.11, Glycemic Load:20.17, Inflammation Score:-6, Nutrition Score:13.782173931599%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 286.14kcal (14.31%), Fat: 10.33g (15.89%), Saturated Fat: 1g (6.23%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 38.8g (14.11%), Sugar: 16.34g (18.15%), Cholesterol: 0mg (0%), Sodium: 195.26mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Manganese: 0.92mg (46.16%), Vitamin E: 4.1mg (27.31%), Fiber: 6.57g (26.29%), Vitamin B6: 0.47mg (23.68%), Magnesium: 89.3mg (22.33%), Vitamin B2: 0.34mg (20.21%), Potassium: 595.24mg (17.01%), Folate: 67.28µg (16.82%), Selenium: 11.45µg (16.36%), Copper: 0.3mg (15.05%), Phosphorus: 147.24mg (14.72%), Vitamin C: 10.39mg (12.6%), Vitamin B3: 2.51mg (12.53%), Vitamin B1: 0.18mg (12.13%), Iron: 1.77mg (9.84%), Calcium: 84.78mg (8.48%), Zinc: 1.07mg (7.12%), Vitamin B5: 0.59mg (5.86%), Vitamin A: 77.92IU (1.56%)