



Banana-Nut Elvis Wrap



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

Ingredients

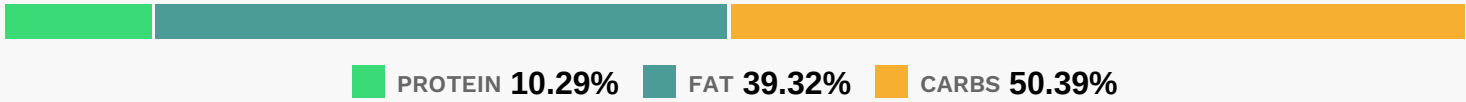
- ☐ 40 baby carrots
- ☐ 2 bananas
- ☐ 8 teaspoons honey
- ☐ 8 tablespoons peanut butter
- ☐ 4 6-inch wraps whole-wheat

Equipment

Directions

- ☐ Spread 2 tablespoons peanut butter on bottom third of each of wrap, leaving a 2-inch border on each side. Top each wrap with 1/2 of a banana, sliced, and about 2 teaspoons honey.
- ☐ Roll up wrap, slice in half, and serve immediately.
- ☐ Serve with 10 baby carrots on the side.
- ☐ On-the-Go Alternative: Star
- ☐ Kist or Bumble Bee tuna kit and 1 medium pear.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:17.426956529203%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 396.25kcal (19.81%), Fat: 18.41g (28.32%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 53.07g (17.69%), Net Carbohydrates: 45.34g (16.49%), Sugar: 27.97g (31.07%), Cholesterol: 0mg (0%), Sodium: 378.15mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.67%), Vitamin A: 13827.76IU (276.56%), Manganese: 0.79mg (39.53%), Fiber: 7.73g (30.92%), Vitamin B3: 5.22mg (26.11%), Vitamin B6: 0.47mg (23.35%), Magnesium: 80.29mg (20.07%), Vitamin E: 2.97mg (19.83%), Potassium: 635.98mg (18.17%), Folate: 66.6µg (16.65%), Phosphorus: 150.02mg (15%), Copper: 0.29mg (14.27%), Iron: 2.28mg (12.67%), Calcium: 97.69mg (9.77%), Vitamin B5: 0.95mg (9.47%), Vitamin C: 7.8mg (9.46%), Vitamin K: 9.79µg (9.32%), Vitamin B2: 0.15mg (8.56%), Zinc: 1.1mg (7.35%), Vitamin B1: 0.09mg (6.16%), Selenium: 2.91µg (4.16%)