



Banana Open Faced Sandwich with NUTELLA®



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 banana sliced



1 slice grain bread whole



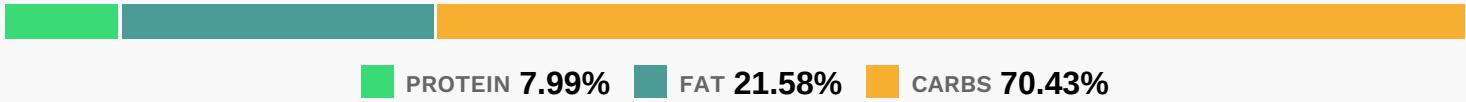
1 tablespoon nutella

Equipment

Directions

- ☐
- Spread NUTELLA® on slice of bread.
- ☐
- Place bananas on top (try a smiley face for fun).

Nutrition Facts



Properties

Glycemic Index:153.81, Glycemic Load:23.39, Inflammation Score:-4, Nutrition Score:11.608260737813%

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: 275.86kcal (13.79%), Fat: 6.88g (10.58%), Saturated Fat: 5.59g (34.94%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 44.77g (16.28%), Sugar: 25.62g (28.47%), Cholesterol: 0mg (0%), Sodium: 134.76mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Manganese: 1.08mg (53.85%), Vitamin B6: 0.51mg (25.44%), Fiber: 5.75g (22.99%), Magnesium: 65.26mg (16.31%), Potassium: 567.73mg (16.22%), Selenium: 9.07µg (12.96%), Vitamin C: 10.27mg (12.44%), Copper: 0.24mg (12.1%), Phosphorus: 113.44mg (11.34%), Vitamin B1: 0.16mg (10.79%), Vitamin B3: 2.1mg (10.52%), Iron: 1.83mg (10.19%), Vitamin B2: 0.16mg (9.65%), Folate: 37.95µg (9.49%), Vitamin E: 1.19mg (7.91%), Calcium: 71.52mg (7.15%), Vitamin B5: 0.65mg (6.52%), Zinc: 0.87mg (5.77%), Vitamin K: 3.13µg (2.98%), Vitamin A: 76.92IU (1.54%)