



Banana Tortilla Snacks

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



541 kcal

SIDE DISH

Ingredients

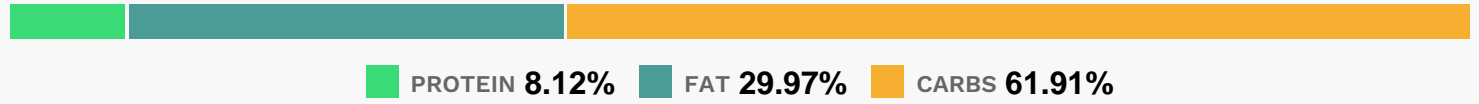
- 1 banana
- 1 6-inch flour tortilla ()
- 1 tablespoon honey
- 2 tablespoons peanut butter
- 2 tablespoons raisins

Equipment

Directions

- Lay tortilla flat.
- Spread peanut butter and honey on tortilla.
- Place banana in the middle and sprinkle in the raisins. Wrap, and serve.

Nutrition Facts



Properties

Glycemic Index:213.85, Glycemic Load:40.19, Inflammation Score:-6, Nutrition Score:16.832608668701%

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: 540.5kcal (27.02%), Fat: 19.3g (29.69%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 89.71g (29.9%), Net Carbohydrates: 81.97g (29.81%), Sugar: 36.11g (40.12%), Cholesterol: 0mg (0%), Sodium: 368.5mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.53%), Manganese: 1.03mg (51.64%), Vitamin B3: 6.73mg (33.63%), Vitamin B6: 0.65mg (32.71%), Fiber: 7.74g (30.94%), Potassium: 898.84mg (25.68%), Magnesium: 101.96mg (25.49%), Phosphorus: 219.58mg (21.96%), Vitamin E: 3.03mg (20.22%), Folate: 80.64µg (20.16%), Copper: 0.36mg (17.79%), Vitamin B1: 0.27mg (17.68%), Vitamin B2: 0.29mg (17.32%), Iron: 2.81mg (15.64%), Vitamin C: 11.99mg (14.53%), Selenium: 9.53µg (13.61%), Zinc: 1.25mg (8.33%), Vitamin B5: 0.81mg (8.1%), Calcium: 75.04mg (7.5%), Vitamin K: 2.85µg (2.71%), Vitamin A: 75.52IU (1.51%)