



Broiled Banana on Toast



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 0.5 large banana halved lengthwise
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons peanut butter reduced-fat
- ☐ 1 slice cocktail rye bread toasted

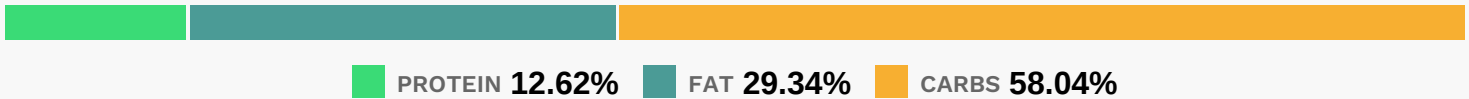
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Heat broiler with rack 4 inches from heat.
- ☐ Place brown sugar on a plate; dip cut sides of banana in sugar.
- ☐ Place banana cut side up on a baking sheet; broil 3–5 minutes, rotating sheet often, until banana is browned.
- ☐ Spread rye toast with peanut butter; top with banana.

Nutrition Facts



Properties

Glycemic Index:107.11, Glycemic Load:14.64, Inflammation Score:-5, Nutrition Score:13.500434670759%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg 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: 355.4kcal (17.77%), Fat: 12.16g (18.71%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 54.12g (18.04%), Net Carbohydrates: 48.84g (17.76%), Sugar: 24.14g (26.82%), Cholesterol: 0mg (0%), Sodium: 369.8mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.53%), Manganese: 0.93mg (46.35%), Vitamin B3: 6.35mg (31.77%), Magnesium: 86.64mg (21.66%), Fiber: 5.29g (21.15%), Vitamin E: 3.07mg (20.44%), Vitamin B6: 0.38mg (18.88%), Selenium: 13.11µg (18.73%), Phosphorus: 173.52mg (17.35%), Folate: 68.12µg (17.03%), Vitamin B1: 0.25mg (16.42%), Copper: 0.3mg (15.19%), Potassium: 526.6mg (15.05%), Vitamin B2: 0.18mg (10.36%), Iron: 1.78mg (9.86%), Zinc: 1.37mg (9.11%), Vitamin C: 6.04mg (7.33%), Vitamin B5: 0.72mg (7.25%), Calcium: 47.92mg (4.79%)