



Creamy Banana Whip & Sticks

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



1

CALORIES



134 kcal

SIDE DISH

Ingredients

- 1 small banana ripe
- 8 honey maid grahams honey sticks
- 2 Tbsp cool whip whipped topping thawed

Equipment

- bowl

Directions

Mash banana in small bowl with fork. Gently stir in whipped topping.

Serve with the graham sticks for dipping.

Nutrition Facts

PROTEIN 3.82% **FAT 9.31%** **CARBS 86.87%**

Properties

Glycemic Index:107.05, Glycemic Load:14.61, Inflammation Score:-2, Nutrition Score:4.6665216969407%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 134.37kcal (6.72%), Fat: 1.51g (2.33%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 29.1g (10.58%), Sugar: 21.01g (23.35%), Cholesterol: 0.18mg (0.06%), Sodium: 7.81mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Vitamin B6: 0.37mg (18.72%), Manganese: 0.28mg (13.95%), Potassium: 374.83mg (10.71%), Vitamin C: 8.83mg (10.7%), Fiber: 2.64g (10.57%), Magnesium: 28.06mg (7.01%), Folate: 20.63µg (5.16%), Vitamin B2: 0.08mg (4.99%), Copper: 0.08mg (4.13%), Vitamin B3: 0.69mg (3.45%), Vitamin B5: 0.34mg (3.43%), Phosphorus: 29.2mg (2.92%), Vitamin B1: 0.03mg (2.21%), Selenium: 1.29µg (1.84%), Iron: 0.31mg (1.7%), Vitamin A: 71.3IU (1.43%), Zinc: 0.18mg (1.19%), Calcium: 11.92mg (1.19%)