



 **100%**
HEALTH SCORE

Crunchy Banana-Peanut Butter Toast

 Vegetarian  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



423 kcal

Ingredients

- 0.3 cup bananas sliced
- 1 Tbsp creamy peanut butter
- 1 tsp honey
- 0.3 cup wheat and barley cereal nuggets
- 1 slice wheat bread light toasted

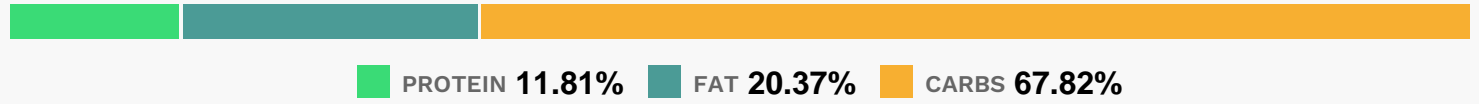
Equipment

- bowl

Directions

- Mix peanut butter and honey in small bowl until well blended. Stir in cereal.
- Spread onto toast.
- Top with bananas.

Nutrition Facts



Properties

Glycemic Index:190.75, Glycemic Load:14.79, Inflammation Score:-9, Nutrition Score:34.861738692159%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 422.64kcal (21.13%), Fat: 10.55g (16.23%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 79.03g (26.34%), Net Carbohydrates: 68.04g (24.74%), Sugar: 19.52g (21.69%), Cholesterol: 0mg (0%), Sodium: 535.07mg (23.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Vitamin D: 50.32µg (335.48%), Folate: 536.52µg (134.13%), Iron: 19.24mg (106.9%), Zinc: 7.58mg (50.51%), Vitamin B3: 9.92mg (49.59%), Manganese: 0.94mg (46.96%), Vitamin B6: 0.9mg (45%), Fiber: 10.98g (43.94%), Vitamin B1: 0.62mg (41.01%), Vitamin B2: 0.64mg (37.76%), Vitamin B12: 1.89µg (31.46%), Phosphorus: 310.87mg (31.09%), Magnesium: 109.19mg (27.3%), Calcium: 181.58mg (18.16%), Potassium: 512.06mg (14.63%), Vitamin C: 10.85mg (13.15%), Vitamin A: 653.87IU (13.08%), Selenium: 8.31µg (11.87%), Vitamin E: 1.65mg (10.98%), Copper: 0.16mg (8.11%), Vitamin B5: 0.49mg (4.92%), Vitamin K: 2.42µg (2.3%)