



English Muffin with Bruléed Banana and Peanut Butter

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



270 kcal

Ingredients

- 1 small banana
- 1 muffins english
- 2 teaspoons t brown sugar dark light packed
- 3 tablespoons peanut butter (no added sugar)

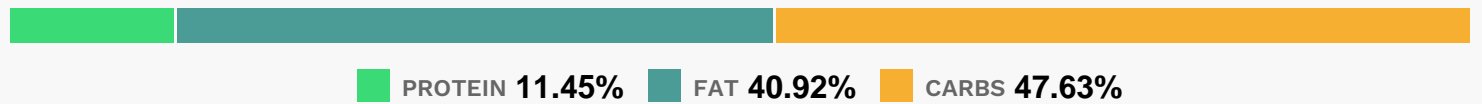
Equipment

- baking sheet
- oven
- broiler

Directions

- Heat the broiler to high and arrange a rack in the highest position. Meanwhile, split the English muffin and slice the banana into 1/4-inch-thick rounds.
- Place the muffin halves directly on the oven rack (the broiler doesn't need to be completely hot yet). Broil, flipping once, until toasted, about 5 minutes total.
- Remove the muffin halves to a work surface. Divide the nut butter between the halves and spread it into an even layer, making sure to spread it all the way to the edges. Evenly shingle the banana slices on the muffin halves and sprinkle with the brown sugar.
- Place the muffins on a baking sheet and broil until the sugar is browned and caramelized, about 3 to 5 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:71.89, Glycemic Load:15.43, Inflammation Score:-4, Nutrition Score:8.3699999840363%

Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 270.4kcal (13.52%), Fat: 12.94g (19.91%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 30.67g (11.15%), Sugar: 12.56g (13.96%), Cholesterol: 0mg (0%), Sodium: 236.82mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Manganese: 0.59mg (29.62%), Vitamin B3: 3.98mg (19.89%), Vitamin B6: 0.31mg (15.29%), Magnesium: 60.54mg (15.14%), Vitamin E: 2.24mg (14.91%), Phosphorus: 130.54mg (13.05%), Fiber: 3.23g (12.94%), Folate: 41.33µg (10.33%), Potassium: 358.8mg (10.25%), Copper: 0.18mg (8.94%), Vitamin B2: 0.13mg (7.45%), Vitamin B1: 0.1mg (6.69%), Zinc: 0.89mg (5.91%), Vitamin B5: 0.56mg (5.55%), Vitamin C: 4.42mg (5.36%), Iron: 0.83mg (4.6%), Calcium: 32.42mg (3.24%), Selenium: 1.54µg (2.2%)