



Cheerios™-Banana Quesadillas

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

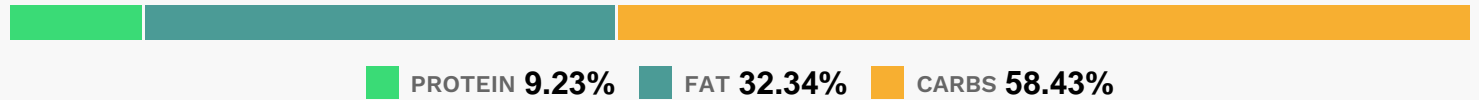
- 2 9-inch flour whole-wheat ()
- 2 tablespoons peanut butter
- 0.5 cup corn flakes/bran flakes
- 1 cup banana thinly sliced
- 2 teaspoons honey

Equipment

Directions

- Over each tortilla, spread 1 tablespoon peanut butter. Over half of each peanut butter-topped tortilla, sprinkle half of the cereal. Arrange half of the bananas over cereal; drizzle with 1 teaspoon honey.
- Fold tortillas over filling, then cut each in half, making 4 triangles.

Nutrition Facts



Properties

Glycemic Index:96.65, Glycemic Load:16.19, Inflammation Score:-6, Nutrition Score:12.511739147746%

Flavonoids

Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 219.75kcal (10.99%), Fat: 8.66g (13.32%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 30.54g (11.1%), Sugar: 18.44g (20.49%), Cholesterol: 0mg (0%), Sodium: 123.69mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Manganese: 0.84mg (42.01%), Vitamin B6: 0.52mg (26.1%), Folate: 96.04µg (24.01%), Vitamin B3: 4.35mg (21.77%), Fiber: 4.67g (18.68%), Iron: 3.34mg (18.54%), Magnesium: 71.7mg (17.92%), Vitamin B2: 0.23mg (13.51%), Vitamin B1: 0.18mg (12.02%), Potassium: 419.31mg (11.98%), Phosphorus: 119.49mg (11.95%), Vitamin E: 1.62mg (10.78%), Selenium: 7.33µg (10.47%), Copper: 0.18mg (9.12%), Vitamin B12: 0.5µg (8.33%), Vitamin C: 6.56mg (7.95%), Zinc: 1.06mg (7.07%), Vitamin A: 298.09IU (5.96%), Vitamin B5: 0.52mg (5.18%), Vitamin D: 0.33µg (2.2%), Calcium: 16.75mg (1.67%)