



## Frozen PB Banana Sandwiches

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 small banana thinly sliced
- 0.5 cup creamy peanut butter
- 20 squares graham crackers
- 2 Tbsp honey

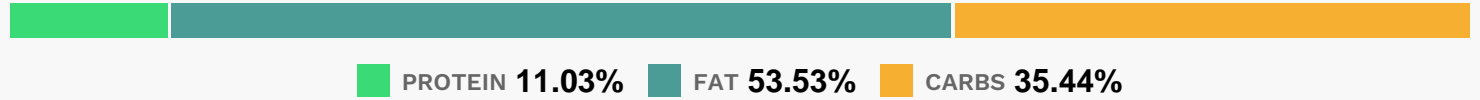
### Equipment

- bowl

## Directions

- Blend peanut butter and honey in small bowl.
- Spread about 1 tablespoon peanut butter mixture on each of 10 grahams; top with banana slices and remaining grahams.
- Freeze for at least 1 hour. Individually wrap and store in freezer for up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:2.0804347925536%

## Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 71.5kcal (3.58%), Fat: 4.55g (7%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.14g (2.23%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 45.86mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Manganese: 0.15mg (7.32%), Vitamin B3: 1.24mg (6.21%), Vitamin E: 0.79mg (5.27%), Magnesium: 17.19mg (4.3%), Phosphorus: 33.44mg (3.34%), Vitamin B6: 0.06mg (3.25%), Fiber: 0.64g (2.56%), Folate: 9.41µg (2.35%), Potassium: 76.43mg (2.18%), Copper: 0.04mg (2.14%), Zinc: 0.26mg (1.74%), Vitamin B2: 0.03mg (1.51%), Iron: 0.23mg (1.3%), Vitamin B5: 0.12mg (1.16%), Vitamin B1: 0.02mg (1.13%)