



Granola-Banana Bites



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 large bananas
- ☐ 2 tablespoons cereal
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons natural peanut butter

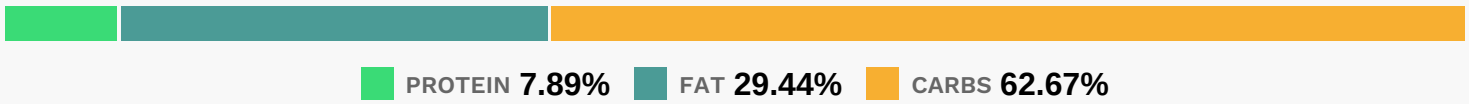
Equipment

Directions

- ☐
- Peel and cut bananas into 3/4-inch slices.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:20.18, Glycemic Load:6.65, Inflammation Score:-2, Nutrition Score:3.6143478430484%

Flavonoids

Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 98.39kcal (4.92%), Fat: 3.48g (5.35%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 15.03g (5.47%), Sugar: 9.64g (10.72%), Cholesterol: 0mg (0%), Sodium: 24.57mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Manganese: 0.29mg (14.64%), Vitamin B6: 0.19mg (9.74%), Fiber: 1.62g (6.46%), Magnesium: 24.36mg (6.09%), Potassium: 207.13mg (5.92%), Vitamin B3: 1.05mg (5.23%), Vitamin C: 3.96mg (4.81%), Vitamin E: 0.66mg (4.4%), Phosphorus: 37.99mg (3.8%), Folate: 14.86µg (3.71%), Copper: 0.07mg (3.43%), Vitamin B2: 0.05mg (2.98%), Vitamin B5: 0.23mg (2.29%), Vitamin B1: 0.03mg (2.12%), Iron: 0.37mg (2.05%), Zinc: 0.28mg (1.85%), Selenium: 1.28µg (1.82%)