



Grilled Peanut Butter–Banana Fingers

 Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



177 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 small banana halved
- ☐ 1 tablespoon chocolate syrup
- ☐ 2 tablespoons creamy peanut butter
- ☐ 2 tablespoons honey
- ☐ 3.2 ounce bread white

Equipment

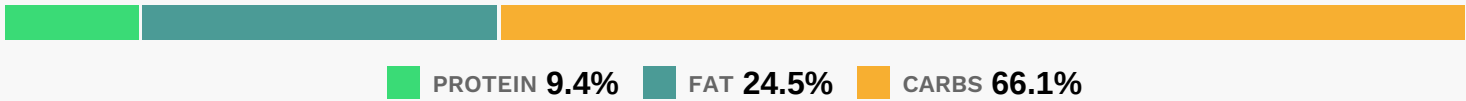
- ☐ frying pan
- ☐ grill pan

☐ panini press

Directions

- ☐ Preheat panini grill.
- ☐ Spread peanut butter evenly over 2 bread slices.
- ☐ Cut each banana half lengthwise into 3 slices.
- ☐ Layer banana slices over peanut butter on bread slices. Top with remaining bread slices.
- ☐ Coat outsides of sandwiches with cooking spray.
- ☐ Place sandwiches on panini grill; cook 1 minute or until golden.
- ☐ Cut each sandwich into 4 sticks.
- ☐ Drizzle sandwich sticks evenly with chocolate syrup.
- ☐ Serve with honey for dipping.
- ☐ Tip: If you don't have a panini grill, use a grill pan or skillet.
- ☐ Add your sandwiches, and then top them with another heavy skillet.
- ☐ Kids Can Help: Kids can spread the peanut butter on the bread, top it with the bananas, and place the bread on top. They can also drizzle the chocolate.

Nutrition Facts



Properties

Glycemic Index:48.96, Glycemic Load:15.46, Inflammation Score:-2, Nutrition Score:5.5304347969916%

Flavonoids

Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 177.34kcal (8.87%), Fat: 5.04g (7.76%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 28.89g (10.51%), Sugar: 16.23g (18.04%), Cholesterol: 0mg (0%), Sodium: 146.77mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Manganese: 0.35mg (17.36%), Vitamin B3: 2.34mg (11.7%), Folate: 37.41µg (9.35%), Vitamin B1: 0.13mg (8.95%), Selenium: 6µg (8.57%), Vitamin B6: 0.15mg (7.59%),

Magnesium: 29.92mg (7.48%), Fiber: 1.71g (6.85%), Phosphorus: 65.17mg (6.52%), Iron: 1.12mg (6.2%), Vitamin B2: 0.09mg (5.57%), Copper: 0.11mg (5.54%), Calcium: 54.37mg (5.44%), Vitamin E: 0.8mg (5.37%), Potassium: 178.71mg (5.11%), Zinc: 0.5mg (3.34%), Vitamin B5: 0.3mg (2.98%), Vitamin C: 2.26mg (2.74%)