



Malt loaf with banana & honey

 Vegetarian

READY IN



7 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

Ingredients

- 4 servings malt loaf fruity sliced
- 4 bananas sliced
- 4 servings clear honey
- 500 ml freshly tablespoon orange juice

Equipment

Directions

Toast the malt loaf slices until warm and crisp at the edges. Divide the bananas over the malt loaf and drizzle with a tiny squeeze of honey. Enjoy with a glass of orange juice.

Nutrition Facts

 **PROTEIN 7.21%**  **FAT 8.23%**  **CARBS 84.56%**

Properties

Glycemic Index:39.76, Glycemic Load:23.01, Inflammation Score:-7, Nutrition Score:14.253913013831%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 15.66mg, Hesperetin: 15.66mg, Hesperetin: 15.66mg, Hesperetin: 15.66mg Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 275.14kcal (13.76%), Fat: 2.65g (4.08%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 57.89g (21.05%), Sugar: 41.15g (45.72%), Cholesterol: 5.04mg (1.68%), Sodium: 87.82mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.45%), Vitamin C: 76.42mg (92.64%), Vitamin B6: 0.57mg (28.66%), Potassium: 847.32mg (24.21%), Manganese: 0.39mg (19.62%), Vitamin B2: 0.32mg (18.9%), Folate: 72.71µg (18.18%), Vitamin B1: 0.26mg (17.37%), Magnesium: 65.94mg (16.49%), Fiber: 3.37g (13.46%), Phosphorus: 123.69mg (12.37%), Vitamin B3: 2.42mg (12.09%), Copper: 0.19mg (9.71%), Calcium: 83.31mg (8.33%), Vitamin B5: 0.78mg (7.79%), Vitamin A: 384.62IU (7.69%), Selenium: 4.81µg (6.87%), Iron: 0.75mg (4.14%), Zinc: 0.47mg (3.11%), Vitamin B12: 0.17µg (2.8%), Vitamin K: 1.86µg (1.77%), Vitamin E: 0.25mg (1.64%)