



## Merrick's PBJ n' Banana Burritos

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 banana
- 1 teaspoon honey
- 1 tablespoon apricot jelly
- 2 tablespoons smooth natural peanut butter
- 1 tortillas whole wheat

### Equipment

## Directions

- Spread the peanut butter evenly over the middle of the tortilla; spread the apricot jelly in a layer over the peanut butter. Lie the banana atop the peanut butter and jelly layers.
- Drizzle the honey over the banana. Fold the two ends of the tortilla over the tips of the banana and roll the other two ends of the tortilla over the mixture to form a burrito.

## Nutrition Facts



## Properties

Glycemic Index:176.05, Glycemic Load:24.31, Inflammation Score:-5, Nutrition Score:12.975217409756%

## 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 Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 505.88kcal (25.29%), Fat: 19.82g (30.49%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 76.07g (25.36%), Net Carbohydrates: 68.17g (24.79%), Sugar: 35.25g (39.16%), Cholesterol: 0mg (0%), Sodium: 431.26mg (18.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.33%), Manganese: 0.8mg (40.07%), Fiber: 7.9g (31.61%), Vitamin B6: 0.58mg (29.04%), Vitamin B3: 5.06mg (25.28%), Magnesium: 86.88mg (21.72%), Vitamin E: 3.06mg (20.38%), Potassium: 621.96mg (17.77%), Vitamin C: 12.06mg (14.62%), Phosphorus: 138.52mg (13.85%), Folate: 53.46µg (13.36%), Copper: 0.25mg (12.45%), Iron: 2.09mg (11.62%), Calcium: 107.77mg (10.78%), Vitamin B2: 0.17mg (9.71%), Vitamin B5: 0.74mg (7.42%), Zinc: 1.02mg (6.78%), Vitamin B1: 0.08mg (5.6%), Selenium: 2.95µg (4.21%), Vitamin A: 75.52IU (1.51%)