



Open-Face Cracker Sandwiches

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices banana thin
- 2 tsp creamy peanut butter
- 1 sheet graham crackers (2 squares)

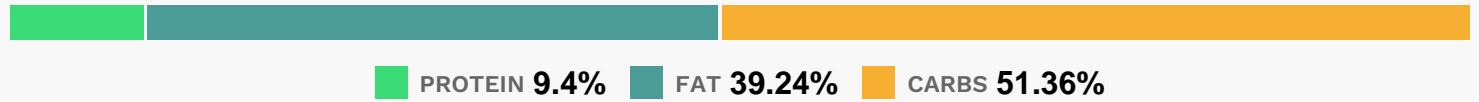
Equipment

Directions

- Spread each cracker with peanut butter.

Top with banana slices.

Nutrition Facts



Properties

Glycemic Index:142.78, Glycemic Load:15.02, Inflammation Score:-3, Nutrition Score:6.8952174199664%

Flavonoids

Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 211.84kcal (10.59%), Fat: 9.79g (15.06%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 25.92g (9.43%), Sugar: 12.71g (14.12%), Cholesterol: 0mg (0%), Sodium: 161.54mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Manganese: 0.41mg (20.37%), Vitamin B6: 0.32mg (16%), Vitamin B3: 3.08mg (15.41%), Magnesium: 52.58mg (13.15%), Fiber: 2.91g (11.63%), Vitamin E: 1.52mg (10.14%), Potassium: 344.14mg (9.83%), Phosphorus: 96.6mg (9.66%), Folate: 33µg (8.25%), Vitamin C: 5.57mg (6.75%), Vitamin B2: 0.11mg (6.52%), Copper: 0.12mg (6.07%), Iron: 1.02mg (5.67%), Zinc: 0.77mg (5.16%), Vitamin B1: 0.07mg (4.92%), Vitamin B5: 0.38mg (3.83%), Calcium: 22.1mg (2.21%), Selenium: 1.3µg (1.85%)