



OREO Banana Peanut Butter Treats

READY IN



135 min.

SERVINGS



15

CALORIES



185 kcal

Ingredients

- 4 bananas
- 2 Tbsp multi-colored sprinkles
- 0.8 cup creamy peanut butter
- 1.5 cups oreo cookies finely chopped

Equipment

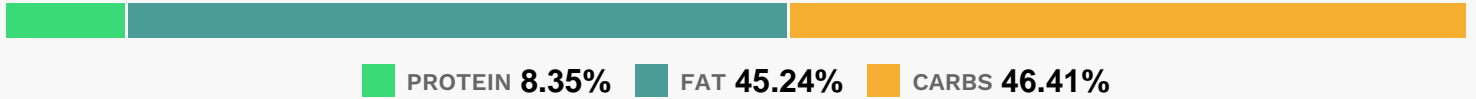
- plastic wrap

Directions

- Insert wooden pop stick into cut end of each banana half; set aside.

- Mix chopped cookies and sprinkles; set aside.
- Spread bananas evenly with peanut butter.
- Roll in cookie mixture until evenly coated. Wrap individually with plastic wrap.
- Freeze 2 hours or until firm.
- Remove from freezer 10 min. before serving to soften slightly.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:3.8, Inflammation Score:-2, Nutrition Score:5.7799999623195%

Flavonoids

Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 184.9kcal (9.24%), Fat: 9.82g (15.11%), Saturated Fat: 2.31g (14.41%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 20.76g (7.55%), Sugar: 12.92g (14.35%), Cholesterol: 0mg (0%), Sodium: 117.74mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Manganese: 0.38mg (19.13%), Iron: 2.24mg (12.45%), Vitamin B3: 2.34mg (11.7%), Vitamin E: 1.6mg (10.68%), Magnesium: 37.82mg (9.45%), Vitamin B6: 0.18mg (8.82%), Fiber: 1.9g (7.61%), Folate: 27.15µg (6.79%), Copper: 0.13mg (6.61%), Phosphorus: 65.53mg (6.55%), Potassium: 222.85mg (6.37%), Vitamin B2: 0.09mg (5.04%), Vitamin K: 4.58µg (4.36%), Vitamin B1: 0.06mg (3.94%), Vitamin C: 2.74mg (3.32%), Zinc: 0.49mg (3.29%), Vitamin B5: 0.29mg (2.9%), Selenium: 1.68µg (2.39%), Calcium: 11.25mg (1.13%)