



P. B. & Banana Sandwich

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 banana sliced
- 2 Tbsp creamy peanut butter
- 2 slices bread whole wheat

Equipment

Directions

Spread each bread slice with 1 Tbsp. peanut butter. Top 1 of the bread slices with banana slices. Cover with second bread slice.

Cut sandwich diagonally in half.

Nutrition Facts

 **PROTEIN 14.56%**  **FAT 41.23%**  **CARBS 44.21%**

Properties

Glycemic Index:13.85, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:1.7686956479498%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 38.58kcal (1.93%), Fat: 1.85g (2.85%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 3.83g (1.39%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 38.99mg (1.7%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Manganese: 0.18mg (9.12%), Vitamin B3: 0.71mg (3.56%), Magnesium: 11.31mg (2.83%), Fiber: 0.64g (2.57%), Phosphorus: 24.02mg (2.4%), Vitamin B6: 0.05mg (2.4%), Selenium: 1.63µg (2.34%), Vitamin E: 0.33mg (2.18%), Vitamin B1: 0.03mg (1.88%), Folate: 6.28µg (1.57%), Copper: 0.03mg (1.53%), Potassium: 53.17mg (1.52%), Zinc: 0.19mg (1.26%), Iron: 0.21mg (1.19%), Vitamin B2: 0.02mg (1.16%), Calcium: 10.99mg (1.1%)