



PB and Banana Campfire Canapé



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



357 kcal

SIDE DISH

Ingredients



1 slices banana fresh



1 serving oats nature valley®



1 serving peanut butter

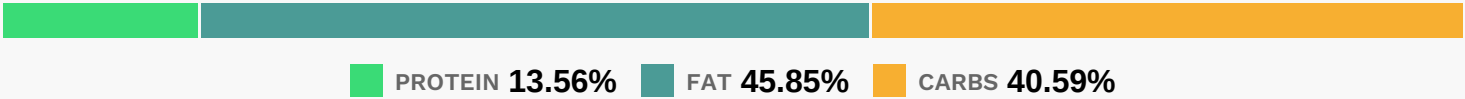
Equipment

Directions



Spread 1 granola bar with 2 teaspoons peanut butter; top with 6 slices fresh banana.

Nutrition Facts



Properties

Glycemic Index:108.78, Glycemic Load:11.77, Inflammation Score:-5, Nutrition Score:15.521739146632%

Flavonoids

Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 356.88kcal (17.84%), Fat: 19.01g (29.25%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 31.87g (11.59%), Sugar: 5.71g (6.34%), Cholesterol: 0mg (0%), Sodium: 139.84mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.31%), Manganese: 1.96mg (98.22%), Magnesium: 113.6mg (28.4%), Phosphorus: 276mg (27.6%), Vitamin B3: 4.81mg (24.05%), Fiber: 5.99g (23.97%), Vitamin E: 3.1mg (20.66%), Selenium: 13.03µg (18.62%), Vitamin B1: 0.23mg (15.54%), Zinc: 2.29mg (15.29%), Copper: 0.3mg (15.16%), Iron: 2.3mg (12.75%), Vitamin B6: 0.24mg (12.04%), Potassium: 382.56mg (10.93%), Folate: 43.52µg (10.88%), Vitamin B5: 0.84mg (8.41%), Vitamin B2: 0.13mg (7.93%), Calcium: 37.28mg (3.73%), Vitamin C: 1.39mg (1.69%)