



## PB Honey & Banana-Topped Waffles

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



406 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 banana sliced
- 1 Tbsp creamy peanut butter
- 2 waffles whole wheat frozen
- 1 Tbsp honey

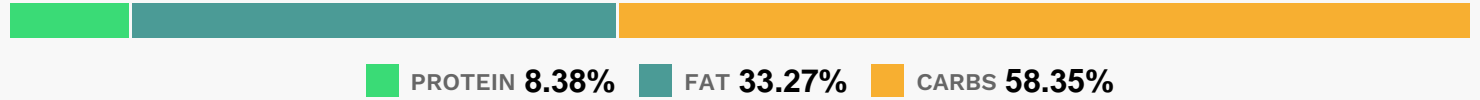
### Equipment

- bowl
- microwave

## Directions

- Heat waffles as directed on package.
- Meanwhile, microwave peanut butter and honey in microwaveable bowl on HIGH 10 to 15 sec. or until peanut butter is melted; stir until mixture is well blended.
- Serve waffles topped with bananas and peanut butter mixture.

## Nutrition Facts



## Properties

Glycemic Index:121.05, Glycemic Load:15.94, Inflammation Score:-7, Nutrition Score:15.348260788814%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 406.47kcal (20.32%), Fat: 15.76g (24.24%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 62.18g (20.73%), Net Carbohydrates: 59g (21.45%), Sugar: 28.01g (31.12%), Cholesterol: 18.2mg (6.07%), Sodium: 480.27mg (20.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.85%), Vitamin B6: 0.72mg (35.98%), Vitamin B3: 6.82mg (34.08%), Phosphorus: 287.16mg (28.72%), Iron: 5.14mg (28.55%), Vitamin B2: 0.45mg (26.21%), Vitamin B1: 0.36mg (23.92%), Folate: 88.98µg (22.25%), Vitamin A: 1102.46IU (22.05%), Vitamin B12: 1.26µg (21%), Manganese: 0.41mg (20.53%), Calcium: 174.45mg (17.44%), Magnesium: 55.29mg (13.82%), Fiber: 3.18g (12.74%), Potassium: 372.58mg (10.65%), Vitamin E: 1.52mg (10.11%), Vitamin C: 5.24mg (6.35%), Copper: 0.12mg (6.04%), Zinc: 0.89mg (5.94%), Vitamin B5: 0.38mg (3.81%), Selenium: 1.41µg (2.02%)