



PB & J Frozen Banana Treats

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



250 min.

SERVINGS



6

CALORIES



247 kcal

Ingredients

- 3 medium bananas
- 0.3 cup creamy peanut butter
- 1 Tbsp raspberry jam seedless
- 1.5 cups grain oat whole with corn and wheat cereal letter-shaped

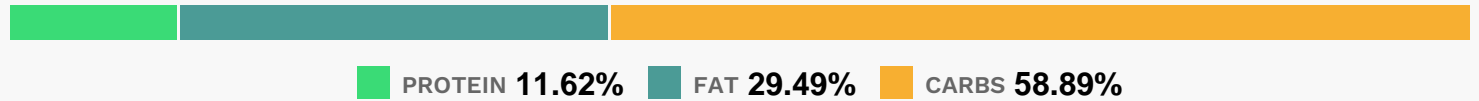
Equipment

- baking sheet
- wax paper

Directions

- Peel bananas, then cut crosswise in half. Insert 1 wooden pop stick into cut end of each banana.
- Place cereal in shallow dish or pie plate.
- Combine peanut butter and jam; spread evenly onto bananas.
- Roll in cereal, evenly coating all sides. Press cereal into peanut butter mixture to secure.
- Place in single layer on wax paper-covered baking sheet.
- Freeze 4 hours or until frozen.
- Remove from freezer about 15 min. before serving. Store leftover banana pops in freezer.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:8.03, Inflammation Score:-4, Nutrition Score:11.553912888403%

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: 247.15kcal (12.36%), Fat: 8.43g (12.96%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 33.82g (12.3%), Sugar: 10.18g (11.31%), Cholesterol: 0mg (0%), Sodium: 53.47mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Manganese: 1.52mg (76.2%), Magnesium: 77.43mg (19.36%), Phosphorus: 185.66mg (18.57%), Fiber: 4.04g (16.15%), Selenium: 11.3µg (16.14%), Vitamin B1: 0.24mg (16.08%), Vitamin B6: 0.3mg (15.12%), Vitamin B3: 2.27mg (11.33%), Copper: 0.23mg (11.28%), Potassium: 385.72mg (11.02%), Zinc: 1.32mg (8.82%), Iron: 1.56mg (8.64%), Vitamin E: 1.25mg (8.35%), Folate: 31.01µg (7.75%), Vitamin C: 5.43mg (6.58%), Vitamin B2: 0.1mg (6.1%), Vitamin B5: 0.37mg (3.72%), Calcium: 25.38mg (2.54%), Vitamin K: 1.29µg (1.23%)