



## Peanut Banana Waldorf

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



284 kcal

SIDE DISH

### Ingredients

- 1 small banana firm halved lengthwise sliced
- 2 tablespoons mayonnaise
- 1 tablespoon peanut butter
- 2 tablespoons peanuts
- 1 small apples red unpeeled cut into bite-size pieces

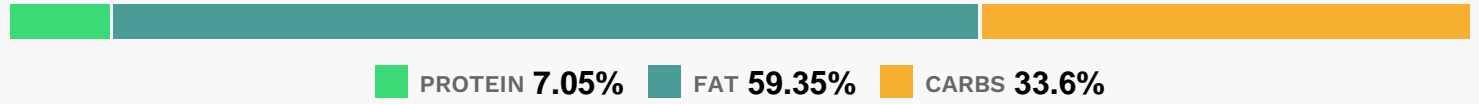
### Equipment

- bowl

## Directions

- In a small bowl, combine the apple, banana and peanuts.
- Combine mayonnaise and peanut butter;
- Pour over fruit mixture; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:82.51, Glycemic Load:8.63, Inflammation Score:-4, Nutrition Score:8.7682607005472%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.62mg, Epicatechin: 5.62mg, Epicatechin: 5.62mg, Epicatechin: 5.62mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## Nutrients (% of daily need)

Calories: 283.64kcal (14.18%), Fat: 19.81g (30.48%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 20.81g (7.57%), Sugar: 14.83g (16.48%), Cholesterol: 5.88mg (1.96%), Sodium: 126.67mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Manganese: 0.54mg (27.23%), Vitamin K: 24.74µg (23.56%), Fiber: 4.43g (17.74%), Vitamin B3: 3.06mg (15.3%), Vitamin B6: 0.29mg (14.37%), Magnesium: 49.82mg (12.45%), Folate: 43.92µg (10.98%), Potassium: 382.83mg (10.94%), Vitamin C: 7.82mg (9.48%), Copper: 0.19mg (9.29%), Vitamin E: 1.37mg (9.15%), Phosphorus: 88.17mg (8.82%), Vitamin B1: 0.11mg (7.22%), Vitamin B2: 0.09mg (5.16%), Vitamin B5: 0.5mg (5%), Iron: 0.78mg (4.33%), Zinc: 0.54mg (3.61%), Selenium: 1.88µg (2.68%), Calcium: 22.64mg (2.26%), Vitamin A: 81.65IU (1.63%)