



Peanut Butter and Banana "Toasts"

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



105 kcal

Ingredients

- 1 small banana sliced
- 2 Tbsp creamy peanut butter
- 2 graham crackers (4 squares)
- 1 tsp honey

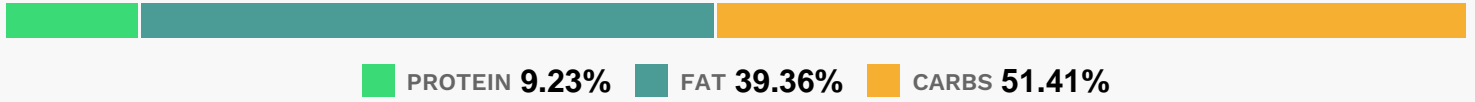
Equipment

Directions

- Spread graham squares with peanut butter.

Top with banana slices; drizzle with honey.

Nutrition Facts



Properties

Glycemic Index:48.76, Glycemic Load:7.51, Inflammation Score:-2, Nutrition Score:3.1673913293559%

Flavonoids

Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 105.23kcal (5.26%), Fat: 4.87g (7.49%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 13.03g (4.74%), Sugar: 6.97g (7.74%), Cholesterol: 0mg (0%), Sodium: 80.77mg (3.51%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Manganese: 0.19mg (9.34%), Vitamin B3: 1.5mg (7.49%), Vitamin B6: 0.14mg (6.78%), Magnesium: 24.5mg (6.13%), Fiber: 1.28g (5.13%), Vitamin E: 0.75mg (5.03%), Phosphorus: 46.88mg (4.69%), Potassium: 148.82mg (4.25%), Folate: 15.19µg (3.8%), Vitamin B2: 0.05mg (3.01%), Copper: 0.06mg (2.8%), Iron: 0.5mg (2.78%), Vitamin C: 2.21mg (2.67%), Zinc: 0.38mg (2.54%), Vitamin B1: 0.03mg (2.32%), Vitamin B5: 0.17mg (1.7%), Calcium: 10.82mg (1.08%)