



## Peanut Butter and Banana Wraps

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



602 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup creamy peanut butter
- 4 10-inch flour tortilla whole wheat (8 to 10 inches in diameter)
- 0.3 cup honey
- 2 small banana sliced
- 0.3 cup semisweet chocolate chips miniature

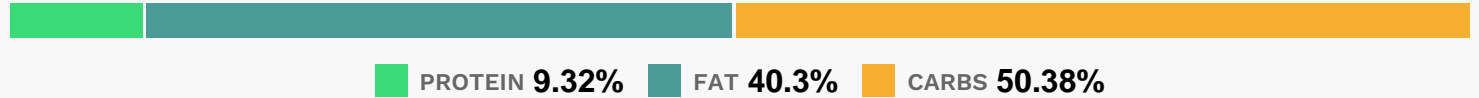
### Equipment

- toothpicks

## Directions

- Spread 2 tablespoons of the peanut butter evenly over each tortilla.
- Drizzle 1 tablespoon of the honey over each tortilla. Top with banana slices and chocolate chips.
- Roll up tortillas. Secure with toothpicks.

## Nutrition Facts



## Properties

Glycemic Index:38.76, Glycemic Load:26.41, Inflammation Score:-6, Nutrition Score:18.505652013032%

## Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 601.7kcal (30.09%), Fat: 27.9g (42.93%), Saturated Fat: 8.62g (53.85%), Carbohydrates: 78.5g (26.17%), Net Carbohydrates: 71.96g (26.17%), Sugar: 34.97g (38.85%), Cholesterol: 0.89mg (0.3%), Sodium: 656.38mg (28.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.72mg (4.24%), Protein: 14.52g (29.03%), Manganese: 1.17mg (58.39%), Vitamin B3: 7.87mg (39.34%), Phosphorus: 303.93mg (30.39%), Vitamin B1: 0.42mg (27.8%), Magnesium: 109.99mg (27.5%), Selenium: 18.85µg (26.93%), Fiber: 6.54g (26.15%), Folate: 104.06µg (26.01%), Iron: 4.25mg (23.63%), Copper: 0.44mg (21.99%), Vitamin E: 3.08mg (20.5%), Vitamin B6: 0.38mg (19%), Vitamin B2: 0.31mg (18.3%), Potassium: 545.04mg (15.57%), Calcium: 130.97mg (13.1%), Zinc: 1.7mg (11.36%), Vitamin B5: 0.68mg (6.84%), Vitamin K: 6.45µg (6.15%), Vitamin C: 4.5mg (5.45%)