



Peanut Butter, Banana and Granola Wraps



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



276 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 large banana
- ☐ 4 large apricot dried chopped
- ☐ 0.5 cup cereal
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup peanut butter
- ☐ 16 servings frangelico whole-wheat

Equipment

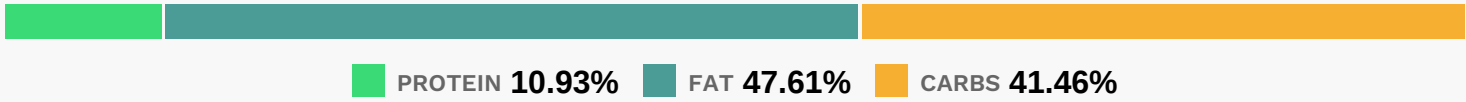
- ☐ bowl

☐ aluminum foil

Directions

- ☐ Peel bananas, cut into small cubes and toss with lemon juice in a small bowl.
- ☐ Spread 2 Tbsp. peanut butter on each wrap, forming a 5- to 6-inch circle. Divide bananas evenly among wraps and sprinkle 2 Tbsp. granola and 1/4 of the chopped apricots over each.
- ☐ Roll up, cut in half (or in slices, as shown) and wrap in foil.

Nutrition Facts



Properties

Glycemic Index:20.44, Glycemic Load:7.83, Inflammation Score:-5, Nutrition Score:10.29173904463%

Flavonoids

Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 275.5kcal (13.77%), Fat: 15.6g (24%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 26.81g (9.75%), Sugar: 15.33g (17.03%), Cholesterol: 0mg (0%), Sodium: 115.92mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Manganese: 0.87mg (43.37%), Vitamin E: 3.16mg (21.04%), Vitamin B3: 4.08mg (20.39%), Magnesium: 71.62mg (17.9%), Vitamin B6: 0.34mg (16.97%), Fiber: 3.76g (15.05%), Phosphorus: 140.08mg (14.01%), Potassium: 464.93mg (13.28%), Copper: 0.21mg (10.43%), Folate: 38.46µg (9.61%), Vitamin C: 5.97mg (7.24%), Iron: 1.29mg (7.17%), Vitamin B2: 0.12mg (6.83%), Zinc: 1.01mg (6.72%), Vitamin B1: 0.09mg (6.13%), Vitamin B5: 0.56mg (5.62%), Selenium: 3.86µg (5.51%), Vitamin A: 265.65IU (5.31%), Calcium: 29.55mg (2.96%), Vitamin K: 1.08µg (1.03%)