



Peanut butter & banana on toast



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



341 kcal

CONDIMENT

DIP

SPREAD

Ingredients

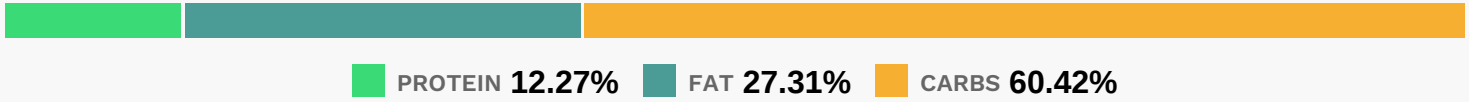
- ☐ 2 slices bread
- ☐ 1 small banana
- ☐ 0.5 tsp cinnamon
- ☐ 1 tbsp crunchy peanut butter

Equipment

Directions

- ☐
- Toast bread and slice banana.
- ☐
- Layer banana on one slice of toast and dust with cinnamon.
- ☐
- Spread the second slice with peanut butter, then sandwich the two together and eat straight away.

Nutrition Facts



Properties

Glycemic Index:118.44, Glycemic Load:25.48, Inflammation Score:-5, Nutrition Score:15.82043482428%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 340.78kcal (17.04%), Fat: 10.88g (16.73%), Saturated Fat: 1.73g (10.78%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 47.29g (17.2%), Sugar: 16.9g (18.78%), Cholesterol: 0mg (0%), Sodium: 343.78mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Manganese: 1.46mg (72.76%), Vitamin B3: 6.01mg (30.05%), Fiber: 6.84g (27.35%), Selenium: 18.49µg (26.41%), Vitamin B6: 0.5mg (25.09%), Folate: 82.6µg (20.65%), Magnesium: 76.61mg (19.15%), Vitamin B1: 0.28mg (18.58%), Potassium: 565.34mg (16.15%), Iron: 2.69mg (14.95%), Phosphorus: 146.33mg (14.63%), Vitamin B2: 0.23mg (13.71%), Copper: 0.26mg (12.93%), Vitamin C: 8.95mg (10.85%), Vitamin B5: 0.98mg (9.8%), Calcium: 95.28mg (9.53%), Vitamin E: 1.25mg (8.3%), Zinc: 1.2mg (8.03%), Vitamin K: 3.73µg (3.56%), Vitamin A: 69.6IU (1.39%)