



## Peanut Butter-Banana Pops

 **Gluten Free**  **Dairy Free**

READY IN



**5 min.**

SERVINGS



**4**

CALORIES



**333 kcal**

DESSERT

### Ingredients

- 2 banana ripe
- 0.5 cup creamy peanut butter
- 1.5 cups peanut butter cups crushed puffs®
- 4 celery stalks (with round ends)

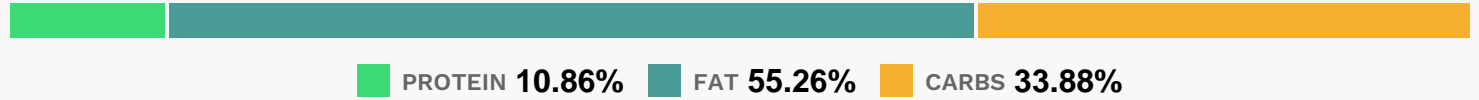
### Equipment

- knife

## Directions

- Peel bananas; cut each in half crosswise.
- With knife, gently spread peanut butter over each banana half. Press gently into cereal crumbs to coat.
- Gently press stick into bottom of each banana half. Eat immediately and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:25.19, Glycemic Load:7.34, Inflammation Score:-5, Nutrition Score:10.203043460846%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 332.51kcal (16.63%), Fat: 21.83g (33.58%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 26.36g (9.58%), Sugar: 18.6g (20.67%), Cholesterol: 1.01mg (0.34%), Sodium: 202.39mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Manganese: 0.64mg (31.81%), Vitamin B3: 5.45mg (27.26%), Magnesium: 81.33mg (20.33%), Vitamin E: 3.03mg (20.22%), Vitamin B6: 0.38mg (18.98%), Phosphorus: 150.44mg (15.04%), Fiber: 3.75g (15.01%), Potassium: 461.39mg (13.18%), Folate: 49.41µg (12.35%), Copper: 0.22mg (11.17%), Zinc: 1.13mg (7.53%), Vitamin B2: 0.13mg (7.38%), Vitamin B5: 0.65mg (6.53%), Vitamin C: 5.31mg (6.43%), Vitamin B1: 0.09mg (6.04%), Iron: 0.92mg (5.13%), Calcium: 33.51mg (3.35%), Selenium: 2.16µg (3.09%), Vitamin K: 1.9µg (1.81%), Vitamin A: 65.17IU (1.3%)