



Peanut Butter-Banana Spirals

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

CONDIMENT

DIP

SPREAD

Ingredients

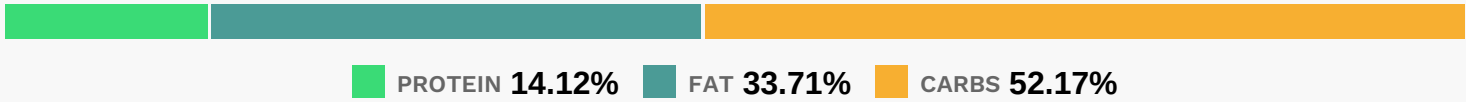
- ☐ 2 bananas ripe sliced
- ☐ 4 8-inch flour tortillas fat-free
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup vanilla yogurt low-fat
- ☐ 1 tablespoon orange juice
- ☐ 0.5 cup peanut butter reduced-fat
- ☐ 2 tablespoons honey-crunch wheat germ

Equipment

Directions

- ☐ Combine peanut butter and yogurt, stirring until smooth.
- ☐ Drizzle juice over bananas; toss gently to coat.
- ☐ Spread about 3 tablespoons peanut butter mixture over each tortilla, leaving a 1/2-inch border. Arrange about 1/3 cup banana slices in a single layer over peanut butter mixture.
- ☐ Combine wheat germ and cinnamon; sprinkle evenly over banana slices.
- ☐ Roll up. Slice each roll into 6 pieces.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:9.81, Inflammation Score:-4, Nutrition Score:11.667826103128%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 270.5kcal (13.52%), Fat: 10.51g (16.17%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 32.99g (11.99%), Sugar: 10.17g (11.3%), Cholesterol: 0.68mg (0.23%), Sodium: 375.97mg (16.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.81%), Manganese: 0.85mg (42.53%), Vitamin B3: 5.06mg (25.28%), Phosphorus: 192.38mg (19.24%), Vitamin B1: 0.28mg (18.94%), Selenium: 11.71µg (16.73%), Magnesium: 61.57mg (15.39%), Folate: 60.23µg (15.06%), Fiber: 3.62g (14.49%), Vitamin E: 1.99mg (13.26%), Vitamin B6: 0.26mg (13.11%), Potassium: 379.34mg (10.84%), Iron: 1.88mg (10.45%), Copper: 0.21mg (10.43%), Vitamin B2: 0.17mg (10.29%), Calcium: 84.27mg (8.43%), Zinc: 1.18mg (7.88%), Vitamin C: 4.95mg (6%), Vitamin B5: 0.54mg (5.39%), Vitamin K: 2.82µg (2.68%), Vitamin B12: 0.07µg (1.2%)