



Peanut Butter Banana Waffle-Wich

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



536 kcal

CONDIMENT

DIP

SPREAD

Ingredients

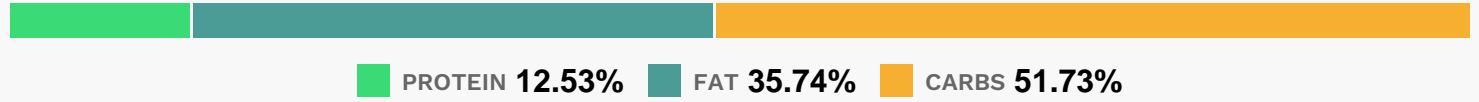
- 1 small banana quartered
- 2 Tbsp creamy peanut butter
- 2 Tbsp cereal
- 2 multi-grain waffles frozen toasted
- 1 tsp strawberry jelly

Equipment

Directions

- Spread waffles with peanut butter.
- Fill with remaining ingredients to make sandwich.

Nutrition Facts



Properties

Glycemic Index:193.47, Glycemic Load:29.05, Inflammation Score:-7, Nutrition Score:22.029130649955%

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

Nutrients (% of daily need)

Calories: 536.03kcal (26.8%), Fat: 22.28g (34.28%), Saturated Fat: 4.2g (26.25%), Carbohydrates: 72.56g (24.19%), Net Carbohydrates: 63.92g (23.25%), Sugar: 25.63g (28.48%), Cholesterol: 0mg (0%), Sodium: 399.13mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.14%), Manganese: 2.48mg (123.81%), Vitamin B3: 7.6mg (38%), Magnesium: 142.95mg (35.74%), Fiber: 8.64g (34.56%), Vitamin B6: 0.66mg (32.96%), Phosphorus: 309.55mg (30.95%), Selenium: 20.37µg (29.1%), Vitamin E: 4.1mg (27.31%), Vitamin B1: 0.36mg (23.84%), Potassium: 765.05mg (21.86%), Copper: 0.4mg (20.24%), Folate: 78.81µg (19.7%), Iron: 3.15mg (17.52%), Vitamin B2: 0.27mg (15.83%), Zinc: 2.35mg (15.69%), Calcium: 130.61mg (13.06%), Vitamin B5: 1.18mg (11.76%), Vitamin C: 9.42mg (11.42%), Vitamin K: 5.85µg (5.57%), Vitamin A: 66.32IU (1.33%)