



Peanut Butter Hot Dogs



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

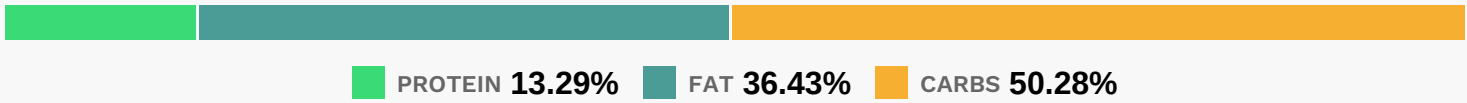
- ☐ 1 banana peeled
- ☐ 2 tablespoons peanut butter
- ☐ 2 slices bread whole wheat

Equipment

Directions

Spread a tablespoon of peanut butter onto one side of each slice of bread. Break the banana into two pieces, and place one half onto the center of each peanut buttered bread slice.Wrap the bread around each banana and eat like a hot dog!

Nutrition Facts



Properties

Glycemic Index:69.24, Glycemic Load:14.16, Inflammation Score:-4, Nutrition Score:10.135652137839%

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 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: 219.15kcal (10.96%), Fat: 9.36g (14.41%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 25.11g (9.13%), Sugar: 10.11g (11.24%), Cholesterol: 0mg (0%), Sodium: 195.23mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.37%), Manganese: 0.99mg (49.58%), Vitamin B3: 3.76mg (18.8%), Vitamin B6: 0.35mg (17.4%), Magnesium: 64.53mg (16.13%), Fiber: 3.98g (15.93%), Phosphorus: 126.58mg (12.66%), Selenium: 8.47µg (12.1%), Vitamin E: 1.67mg (11.12%), Potassium: 371.46mg (10.61%), Vitamin B1: 0.15mg (9.99%), Folate: 37.32µg (9.33%), Copper: 0.18mg (8.82%), Vitamin B2: 0.12mg (7.07%), Zinc: 0.99mg (6.58%), Iron: 1.15mg (6.37%), Vitamin C: 5.13mg (6.22%), Calcium: 56.43mg (5.64%), Vitamin B5: 0.56mg (5.59%), Vitamin K: 2.53µg (2.41%)