



Polka-Dotted Banana Pops

 Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



340 kcal

Ingredients

- 1 large banana
- 1 Tbsp mint
- 2 Tbsp creamy peanut butter
- 24 vanilla wafers mini

Equipment

- frying pan

Directions

- Insert wooden pop stick into cut-end of each banana piece; spread with peanut butter.
- Press 8 of the wafers into peanut butter on each banana; coat with sprinkles.
- Serve immediately. Or, place in shallow pan. Freeze several hours.
- Remove from freezer a few min. before serving to soften slightly.

Nutrition Facts



Properties

Glycemic Index:48.59, Glycemic Load:31.78, Inflammation Score:-2, Nutrition Score:5.902173920818%

Flavonoids

Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 339.89kcal (16.99%), Fat: 14.13g (21.73%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 48.57g (17.66%), Sugar: 24.85g (27.61%), Cholesterol: 0.48mg (0.16%), Sodium: 239.17mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Vitamin B1: 0.23mg (15.36%), Folate: 60.48µg (15.12%), Vitamin B3: 2.97mg (14.84%), Manganese: 0.28mg (13.94%), Vitamin B6: 0.21mg (10.69%), Vitamin B2: 0.16mg (9.64%), Fiber: 2.36g (9.45%), Magnesium: 30.27mg (7.57%), Potassium: 262.77mg (7.51%), Vitamin E: 1.02mg (6.78%), Phosphorus: 66.29mg (6.63%), Vitamin C: 3.94mg (4.78%), Copper: 0.08mg (4.01%), Vitamin B5: 0.26mg (2.64%), Zinc: 0.34mg (2.26%), Iron: 0.3mg (1.68%), Selenium: 0.89µg (1.27%)