



Salty-Sweet Banana Biscuit

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



502 kcal

Ingredients

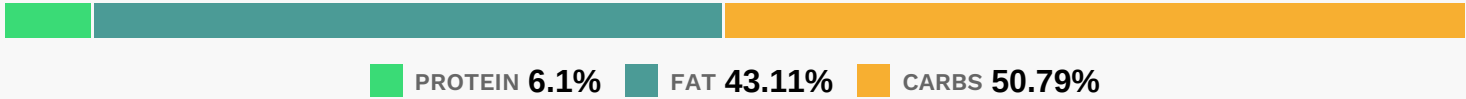
- ☐ 1 serving bacon
- ☐ 1 serving bananas
- ☐ 1 angel biscuit
- ☐ 1 serving hazelnut spread

Equipment

Directions

- ☐ Place hazelnut spread, bananas, and bacon on an Angel Biscuit.

Nutrition Facts



Properties

Glycemic Index:149.11, Glycemic Load:28.41, Inflammation Score:-4, Nutrition Score:13.619130468887%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 501.86kcal (25.09%), Fat: 24.59g (37.83%), Saturated Fat: 14.25g (89.04%), Carbohydrates: 65.19g (21.73%), Net Carbohydrates: 59.57g (21.66%), Sugar: 36.29g (40.32%), Cholesterol: 14.79mg (4.93%), Sodium: 416.41mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Manganese: 0.77mg (38.48%), Vitamin B6: 0.56mg (28.2%), Phosphorus: 231.74mg (23.17%), Fiber: 5.63g (22.5%), Potassium: 705.71mg (20.16%), Selenium: 12.09µg (17.27%), Vitamin B1: 0.25mg (16.43%), Iron: 2.93mg (16.27%), Magnesium: 64.93mg (16.23%), Vitamin E: 2.41mg (16.08%), Copper: 0.3mg (15.17%), Vitamin B2: 0.25mg (14.8%), Vitamin B3: 2.79mg (13.93%), Vitamin C: 10.96mg (13.29%), Folate: 49.28µg (12.32%), Vitamin B5: 0.76mg (7.56%), Zinc: 0.97mg (6.47%), Calcium: 60.59mg (6.06%), Vitamin B12: 0.25µg (4.13%), Vitamin K: 2.44µg (2.32%), Vitamin A: 90.43IU (1.81%)