



STACKERMALLOW Dessert Panini

READY IN



10 min.

SERVINGS



10

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 banana sliced
- 2 tsp butter softened
- 2 Tbsp creamy peanut butter
- 2 stackermallows marshmallows jet-puffed
- 2 slices bread white

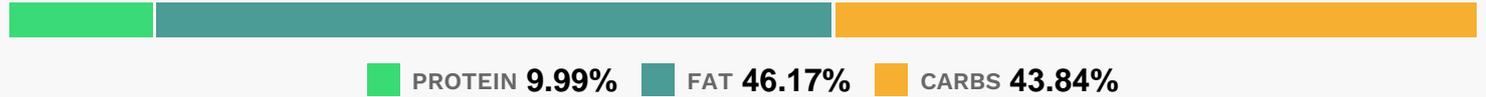
Equipment

- frying pan

Directions

- Spread 1 bread slice with peanut butter; top with bananas and marshmallows. Cover with remaining bread slice.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:25.41, Glycemic Load:3.17, Inflammation Score:-1, Nutrition Score:1.4808695632964%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 49.48kcal (2.47%), Fat: 2.65g (4.07%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 5.23g (1.9%), Sugar: 2.13g (2.37%), Cholesterol: 2.15mg (0.72%), Sodium: 45.19mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Manganese: 0.09mg (4.63%), Vitamin B3: 0.7mg (3.52%), Folate: 9.53µg (2.38%), Vitamin E: 0.33mg (2.21%), Vitamin B1: 0.03mg (2.11%), Magnesium: 8.4mg (2.1%), Vitamin B6: 0.04mg (2.03%), Selenium: 1.38µg (1.98%), Phosphorus: 18.15mg (1.81%), Fiber: 0.42g (1.69%), Iron: 0.24mg (1.35%), Vitamin B2: 0.02mg (1.34%), Potassium: 45.33mg (1.3%), Copper: 0.03mg (1.28%), Calcium: 12.69mg (1.27%)