



Tangy Banana Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 bananas sliced
- 1 teaspoon cilantro leaves fresh minced
- 1 teaspoon ground mustard
- 1 cup yogurt plain
- 1 pinch salt

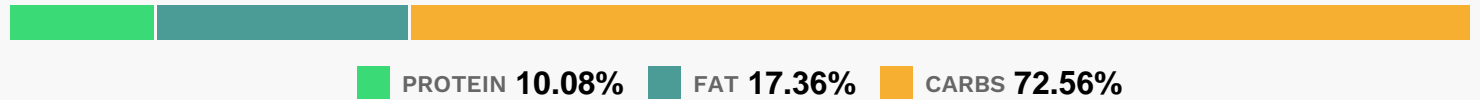
Equipment

- bowl

Directions

- Mix together the yogurt, mustard powder, and salt in a serving bowl.
- Add the banana slices and stir gently until bananas are evenly coated with yogurt mixture.
- Garnish with chopped cilantro and chili powder.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.22, Glycemic Load:5.17, Inflammation Score:-1, Nutrition Score:2.9169565290213%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg 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: 59.34kcal (2.97%), Fat: 1.23g (1.9%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 10.41g (3.78%), Sugar: 6.84g (7.6%), Cholesterol: 3.98mg (1.33%), Sodium: 19.41mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin B6: 0.17mg (8.66%), Manganese: 0.13mg (6.34%), Potassium: 207.79mg (5.94%), Vitamin C: 4.02mg (4.88%), Fiber: 1.18g (4.73%), Vitamin B2: 0.08mg (4.5%), Magnesium: 16.55mg (4.14%), Phosphorus: 40.9mg (4.09%), Calcium: 39.95mg (3.99%), Folate: 11.41µg (2.85%), Vitamin B5: 0.27mg (2.69%), Selenium: 1.64µg (2.34%), Copper: 0.04mg (1.95%), Vitamin B12: 0.11µg (1.89%), Zinc: 0.26mg (1.75%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.64%), Vitamin A: 59.56IU (1.19%)