



## Terrific Tortilla Coins

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



55 kcal

SIDE DISH

### Ingredients

- 1 banana
- 1 Tbsp creamy peanut butter
- 16-inch tortillas whole wheat ()

### Equipment

### Directions

- Spread tortilla with peanut butter.

- Top with banana; roll up.
- Cut into 1/2-inch-thick slices.

## Nutrition Facts

**PROTEIN 9.78%** **FAT 31.5%** **CARBS 58.72%**

### Properties

Glycemic Index:13.76, Glycemic Load:2.69, Inflammation Score:-1, Nutrition Score:1.7826087031028%

### Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 55.14kcal (2.76%), Fat: 2.06g (3.17%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 7.52g (2.74%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 46.31mg (2.01%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Manganese: 0.11mg (5.53%), Vitamin B6: 0.1mg (5.04%), Fiber: 1.1g (4.45%), Magnesium: 11.78mg (2.95%), Potassium: 102.54mg (2.93%), Vitamin B3: 0.58mg (2.91%), Vitamin C: 2.05mg (2.49%), Vitamin E: 0.32mg (2.1%), Folate: 7.47µg (1.87%), Phosphorus: 16.04mg (1.6%), Copper: 0.03mg (1.59%), Vitamin B2: 0.02mg (1.37%), Iron: 0.24mg (1.34%), Calcium: 11.99mg (1.2%), Vitamin B5: 0.11mg (1.13%)