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Banana Topped with Blueberries

A delicious and healthy dessert made with ripe bananas and fresh blueberries. This recipe is perfect for those who want a sweet treat without the guilt.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g Banana

100 g blueberries

Directions

Step 1

Cut

Peel and slice the banana.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Wash the blueberries.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Plating

Place the sliced banana on a plate.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Plating

Top the banana with the washed blueberries.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 96 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	14 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	64 iu	7.11%	9.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1 mg	0.04%	0.04%
Calcium	6 mg	0.6%	0.6%
Iron	0 mg	0%	0%
Potassium	358 mg	10.53%	13.77%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Snack

Difficulty Level

Easy

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